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fresh®

COOKING WITH FIRE
Try our new takes on seasonal favorites

May/June 2010
hannaford.com

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*ACTIVIA® is shown in several clinical studies to help with slow intestinal transit when eaten daily for two weeks as part of a balanced diet and healthy lifestyle.

Spring. New gardens tender young greens endless possibilities The wonderful thing about spring is that it gives us another chance to begin again to make a fresh start

When we created *fresh* six years ago we used a classic recipe for success good food beautiful photos and lots of culinary tips The idea was to share great recipes that were delicious fun and just a little challenging Along the way we added meal ideas that were more convenient — without sacrificing nutrition taste or imagination It was a hit, to say the least

Is today's *fresh* still "fresh"? We think so but like any good recipe there's room to make it even better Listening to your feedback we've taken a hard look at the magazine and made some changes adding new ingredients here tweaking measurements there You're very much interested in eating better but you don't always have the time so *fresh* departments are now more clearly defined with a greater focus on your busy life and how eating well can fit into it And the new layout is better organized and easier to read — perfect for when you want to relax while reading a longer article but also for when you can't with quick bites of information tips and suggestions

Big changes? Sure but at its heart *fresh* is still the magazine you look forward to reading every other month and we wouldn't change *that* for anything. Take a look and let us know what you think

Beth

BETH NEWLANDS CAMPBELL
President
Hannaford Supermarkets

stay connected with us!

Be a part of the Hannaford community:
Visit us on Facebook at facebook com/hannaford or follow us on Twitter!

ON TWITTER

With your help we raised over $900,000 in food and $ during our 2009 Hannaford Helps Fight Hunger campaign – THANK YOU to all who donated!

ON FACEBOOK

While we think about great food 24/7, we're on Facebook from 9 a m - 5 p m , Monday to Friday Give us a shout We'll respond as quickly as we can

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fresh.

HANNAFORD

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FRESH FORUM

Q. I made the cover recipe for the Tandoori Chicken Tenders in the March/April issue and it was great! My whole family enjoyed it, and I definitely want to make it again. But I'm wondering if there's an easier way to peel the fresh ginger? I used a regular vegetable peeler, and it seemed to waste a lot and make the ginger separate into strings. Thank you.

MARIA DONOVAN
Charlestown, Mass.

A. Ginger has a thin skin, so instead of removing it with a peeler or knife, try scraping it. The tip of a regular teaspoon works well. Scrape gently with the inside of the spoon, moving the spoon toward you. With a little practice you'll be able to navigate the spoon around the bumpy parts and waste very little.

Q. I love all the stew recipes in the January/February issue of *fresh* ("Hearty Meal-in-One Stews"). They're great in the winter, but I also like these convenient dishes in warmer weather and would like to make them using my slow cooker. How can I convert recipes like Nina Simonds' delicious Cinnamon Spiced Beef Stew or Hoisin Chicken Thighs with Squash?

JANET STELLMAN
Wells, Maine

A. We agree — one-dish meals are great year-round, especially if you change the spices and vegetables to match the warmer weather. Converting recipes for your slow cooker may take a few tries to get the proportions right, but it's worth it.

Frequent contributor Kimberly Mayone, coauthor of two books on slow cookers, says the chicken dish is a great one to adapt because boneless, skinless thighs are best for slow cookers. But with stews it can be tricky to get the liquid just right, as there's very little evaporation with slow cookers. Start with less liquid than called for in the stovetop version. For soups, start with ¼ to ½ the liquid in the recipe. For beef stews, first put in the root vegetables, which take the longest to cook.

Beef stew meat and pot roasts do not have to be browned first, though they can be. Any ground meats should be precooked, as should mushrooms (to prevent sogginess).

If a recipe calls for rice or pasta, add that at the end. Add dairy products at the end too, as they can cause a soup or stew to curdle.

We'd Love to Hear from You!

Please send your questions, comments, suggestions, and culinary musings to freshmagazine@hannaford.com or *fresh* magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit hannaford.com and click on the Contact Us icon at the top of the page, then select Feedback or call 800.213.9040.

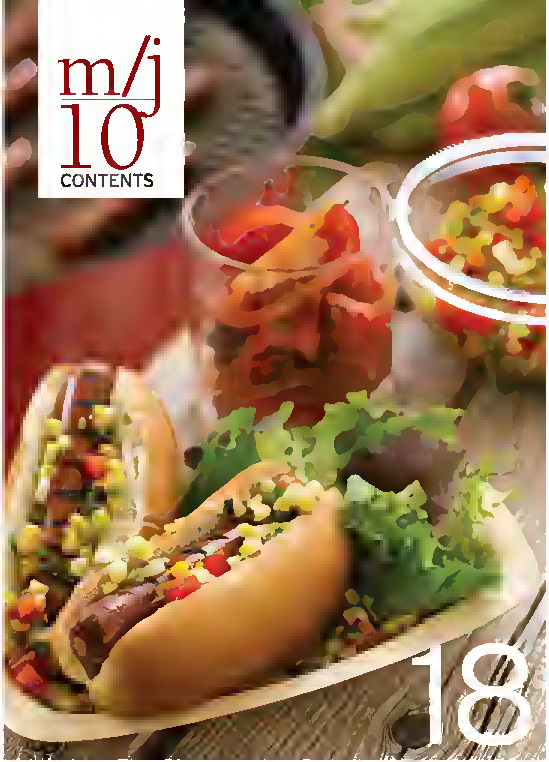
RECIPE INDEX

V = VEGETARIAN · F = FREEZABLE · G = GLUTEN FREE · hannaford.com

Always check the ingredient statement on packaged foods and spices to make sure contents are gluten free.

KEN HANSEN (6 INGEP)

m/j 10 CONTENTS



ON THE COVER: Taco Burgers with Black Bean Salsa. See page 21 for the recipe. Photograph by Mark Ferri.

in every issue

go online

Web exclusive recipes

tips for greener living

interviews and much more!

Like what you see in the magazine? Go online and visit **hannaford.com** for more great recipes tips and ideas devoted entirely to your love of food

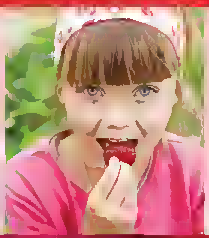
FRESH IDEAS

best tips for your healthy lifestyle

POWER FOOD

strawberries

ONE DELICIOUS AND EASY WAY TO START EATING for your health is to add strawberries to your diet. Naturally sweet and low in calories, strawberries contain powerful antioxidants that aid in the protection of the cell structures within your body (and give the berries their ruby-red hue). Unique antioxidant properties make strawberries an all-in-one heart-protective, anticancer, anti-inflammatory fruit. — *Sarah A. O. Iserberg*



sweet stuff!

ONE CUP OF STRAWBERRIES has just 50 calories and contains 140 percent of the recommended daily allowance (RDA) of vitamin C, making them a better source for C than an orange. Vitamin C helps the body maintain healthy tissues and a strong immune system and also helps it absorb iron from other foods. The fiber in strawberries — about 12 percent of your RDA per cup — helps your body absorb nutrients and stabilize blood pressure and inhibits the production of cholesterol in your liver.

be choosy pick the best berries

Choose berries that are fragrant, firm, free of mold and have a shiny, deep red color, with their green caps still attached. Store strawberries in the refrigerator either in their vented plastic container or in a resealable glass or plastic container lined with a paper towel to absorb moisture. Wash strawberries in cool water just before using. Strawberries will keep fresh in the refrigerator for one or two days.

OTHER SUPER SOURCES OF C

Up to 30 percent of us don't get enough vitamin C (the current RDA is 75 mg for women, 90 mg for men). You can boost your intake of this important nutrient with these excellent food sources:

papaya	188 mg (1)
red bell pepper	152 mg (1)
guava	126 mg (1)
broccoli	82 mg (1 cup)
orange	70 mg (1)
mango	58 mg (1)
brussels sprouts	48 mg (½ cup)
lemon	45 mg (1)
grapefruit	44 mg (½)
raspberries	32 mg (1 cup)
squash	19 mg (1 cup)
potato	17 mg (1)

(SPRING GREENS WITH STRAWBERRY VINAIGRETTE)

BERRY GOOD

sweets, salads, and smoothies

- Mix chopped strawberries with cinnamon, lemon juice, and maple syrup; serve over waffles or pancakes.
- Top angel food cake with sliced strawberries and low fat vanilla ice cream.
- Add sliced strawberries to Fresh Inspirations™ Baby Spinach, top with chopped walnuts, Gorgonzola cheese, and balsamic vinaigrette.
- Layer sliced strawberries, wild blueberries, and low fat strawberry yogurt in a wine glass to create a colorful dessert parfait.
- Blend fresh, hulled strawberries with skim milk and fat free vanilla ice cream for a cool treat.

The **Spring Greens with Strawberry Vinaigrette** recipe is only a click away at **hannaford.com.**

FACING PAGE: VALERIE JANSSEN/SYNCEDIT (STRAWBERRIES); BETTY MAGGS, CHILLI, THIS PAGE, VERTICAL: SHUEY/SYNTOP FOOD; STRAWBERRIES; PHOTOGRAPHER: MARK TERRY; FOOD STYLING: ALI RATTFRANKO; PROP STYLING: FRANCINE MAXALIN; TECH: SPRING GREENS

WHAT'S NEW AT HANNAFORD

New in stores Our new Taste of Inspirations® authentic Belgian chocolate bars come in five tempting choices: Dark Chocolate, Milk Chocolate, White Chocolate with Coconut and Cornflakes, Milk Chocolate with Almonds and Dark Chocolate with Hazelnuts

New look for quick meals Convenient, delicious and now even healthier, our packaged Deli choices have new labels with information on how they've changed for the better. Look for favorites like Tex-Mex Chicken and Inspirations Grilled Salmon and Rice.

Shopping's a blast with email newsletters Now it's easy to keep up with what's happening at your local Hannaford.
Weekly flyer For specials, deals, and coupons, check our weekly flyer sent every Saturday
Monthly Healthy Living newsletter Tips on living healthier from Hannaford Nutrition Coordinators
Monthly Wine newsletter Featured wines, savings, and tips on pairing

Sign up for our email newsletters at **hannaford.com**

honey, at home

WE'VE INTRODUCED THREE new Taste of Inspirations® premium honey products, just in time to make your summer a little bit sweeter. Each comes with a handy no-drip squeeze opening.

MANUKA HONEY

Native to New Zealand, manuka honey is known for its healing properties, which include easing acid reflux and pesky skin conditions. Get a taste of **Manuka Honey** in our recipe on page 34

ACACIA BLOSSOM HONEY

A pale Italian honey **Acacia Blossom** has a mild flavor that makes it ideal for kids older than 1 year. High levels of natural fructose help keep it from crystallizing

HONEY & GINGER SPREAD

Our sweet and zesty **Honey & Ginger Spread** is a great accompaniment for scones and muffins. Or try it on sandwiches as a mustard substitute

HONEY APPLE BUTTER

Honey Apple Butter may not be new, but it's a delicious way to enjoy a winning taste combo on toast, to fill muffins, or as a cheese and cracker garnish

THIS PAGE: STOCKFOOD (HONEY); JIREL BENJAMIN (HONEY PRODUCTS). FACING PAGE: MICHAEL PIAZZA

Q&A

Rick Tarantino

CELEBRITY CHEF AND GRILLMASTER

As host of the Comcast cooking show *You Won't Even Miss It* — and occasional guest chef on *Good Morning America* and the Food Network — Rick Tarantino has mastered a variety of cooking techniques. But he's a big fan of the oldest: open-air grilling. "People first cooked on an open pit," he says. "Now we cook with dry gas or electric heat and wait for the moisture to dry off." The high heat from a grill, he explains, can unlock flavor. We asked Chef Rick for some tips for great outdoor grilling...

What are the best meats for grilling?
Obviously there's beef — rib eye and sirloin. But with grilling you can marinate or dry rub, which tenderizes meat and lets you use more economical cuts like flank steak with excellent results.

How do you grill fish without drying it out?
Fresh fish is great on the grill. I grill it in foil: salmon with white wine, lemon, pepper, and dill, tuna with mango chutney. It poaches right in the foil, and cooks by vapor. The steam pressure fuses the flavors, but moisture doesn't escape.

Do you have any other special techniques?
I like to cook in a pan. You can caramelize onions in a sauté pan right on the grill. Another tip: when meat is finished cooking, wait five minutes before cutting to allow the temperature to even out and seal in moisture and flavor.

Any important tips for beginners?
Get a good meat thermometer. You're aiming for the temperature that indicates the degree of doneness you want (see box on page 20). Remove the meat when it's 5 degrees below that temperature. Also, sweeter sauces go on in the last few minutes; otherwise the sugar burns.

To read the full interview with Chef Rick visit **hanneford.com.**

for your health: vitamin d

vitamin d is good for your bones – and more

By Hannaford Nutrition Coordinator (Taunton, Mass.) Melissa Gilman, MPH, RD, LDN

MOST PEOPLE UNDERSTAND the importance of calcium and vitamin D for keeping bones strong. But did you know that vitamin D is essential for overall good health?

Low levels of vitamin D inhibit calcium absorption, which is why many calcium supplements include D. But research conducted by the National Institutes of Health suggests that vitamin D may also play a role in preventing myriad other conditions, including type 2 diabetes, hypertension, multiple sclerosis, autoimmune diseases, metabolic syndrome, and some cancers. Several studies suggest that low levels of D can increase your risk for heart attack and stroke.

Getting enough

So how much should you take? As a registered dietitian, I recommend that adults 50 and under and children over 4 consume 5 mcg. or 200 IU of vitamin D per day. As the body ages, it's important to increase the dosage. Adults from the ages of 51 to 70 should have 10 mcg. or 400 IU a day, and anyone 71 and over should have 15 mcg. or 600 IU. Recent research from the National Osteoporosis Foundation suggests doubling those amounts. Also, the 2005 Dietary Guidelines for Americans recommend that people with darker skin, and those who get insufficient exposure to sunlight, should consume slightly more.

There are many ways to get enough vitamin D. Supplements are easy, but talk to your health care provider first. In supplement form, too much vitamin D can be dangerous.

Let it shine

Vitamin D can be synthesized in the body with the help of the sun's ultraviolet rays — that's why we call it the "sunshine vitamin." Just 10 to 15 minutes of sunshine on your legs and arms each day will provide about 1,000 IU of vitamin D, and the sun poses no threat of toxicity. Of course, prolonged exposure has downsides, including wrinkles and skin cancer. Balance is key: wearing sunscreen with an SPF of 15 to 30 on a clear and sunny day, you can absorb enough vitamin D in 10 to 20 minutes, two or three times a week. Without sunscreen, it'll take just 5 to 10 minutes. If you go for option two, be sure to apply sunscreen right after.

D is for diet

Most health care professionals agree that the best way to get enough vitamin D is to eat a well-balanced diet. Eating one D-rich food a day will usually provide the amount you need: low fat D fortified yogurt, low fat milk, and grilled or canned salmon are all great sources of vitamin D. That slogan about milk doing a body good? It's true — just be sure it's D fortified!

VITAMIN D MADE EASY

Try these simple meal and snack ideas to boost your vitamin D intake.

Breakfast
Fat-free milk and 1 cup of vitamin D fortified whole grain cereal, or a vitamin D fortified low fat yogurt, fruit, and granola parfait

Lunch
Large garden salad with tuna and sliced mushrooms

Snack
Smoothie made with low fat vitamin D fortified yogurt and fruit, or a glass of low fat milk

Dinner
Patty melt with canned salmon

grow your own

a beginner's guide to small-plot gardening

By Lauren Waterman

WHILE THERE'S NOTHING REALLY NEW about a backyard garden, it is newly trendy. Enthusiasm for gardening is one offshoot of the interest in organic food. And a garden is a wonderful way to teach children about nutrition and science. You don't need a wide-open space to get started. Small plots — even raised beds or pots on a porch or deck — can make a perfect environment for gardening on a manageable scale. We asked Hubert McCabe, an organic farmer in New York's Hudson Valley, for some tips.

Factors to consider include water (all you need is a hose or watering can) and light. "As long as you've got sun most of the day, you're fine," McCabe says. If instead of rich soil you have depleted dirt, McCabe recommends adding readily available materials like grass clippings and leaves to enrich the soil.

When you're ready to plant, follow the guidelines about spacing that come with seeds and transplants. Start with plants that are simple to grow, like tomatoes and zucchini. When it comes to feeding your plants, McCabe says a scoop of nutrient-rich compost (which you can purchase if you don't make your own) will do more good in the long run than a chemical fertilizer. For more gardening and planting information, visit burpee.com/category/gardeners+corner.do

A garden is a wonderful way to teach children about nutrition and science

TIMING IS EVERYTHING

Plant now (late May and early June): Zucchini, eggplant, hot and sweet peppers, cucumbers, arugula (tip: harvest regularly and replant monthly), tomatoes (tip: buy medium-size transplants), summer squash. Always plant with a small scoop of compost.

Plant later: Late August into September is the perfect time to plant vegetables that grow better once summer's heat is over, like broccoli, cabbage, kale, collard greens, beets, carrots, and brussels sprouts.

FACING PAGE: JAUBREY, LE HOOK. STOCKPHOTO/CHROTHES. THIS PAGE MASTER: LE GARDEN. STOCKPHOTO: CALEMBAR

tip

Shrink your carbon footprint by using a propane or natural gas grill or lump charcoal instead of briquettes

planet-friendly picnic products

Hosting a cookout doesn't mean you have to go with eco-don'ts like Styrofoam plates and plastic cups. You can use disposables and still go green. We carry earth-friendly paper products you can feel good about using all summer.

Seventh Generation White Napkins These absorbent napkins are hypoallergenic and whitened without chlorine — but they still soak up the saucicest spills.

Diamond Recycled Combo Cutlery Made from an average of 80 percent recycled material, this cutlery is reusable and dishwasher safe, making it a doubly "green conscious" buy.

Nature's Place™ paper plates and bowls. Save a tree? Why not save an entire forest? Picnic ready plates (7" and 10 inch) and bowls are biodegradable and compostable.

Learn more about Hannaford's commitment to Fair Trade at **hannaford.com**

TEST DRIVE

fair trade coffee – our reader panel reports

By Erin Graham

The buzzwords "organic" and "carbon footprint" have become part of our everyday vocabulary, but one aspect of eco-friendly grocery shopping is often overlooked: The ethics behind how food arrives at the store. The internationally recognized Fair Trade symbol lets you shop with a little more peace of mind. This label means that the farmers who grow the food get a fair price for their efforts. And what's good for the farmers tends to be good for the planet since Fair Trade-certified growers use sustainable farming methods and support their crops naturally without harmful chemicals.

> "I drink it black, and I really liked the smooth flavor of Nature's Place" — TOM COOPER

Hannaford's list of Fair Trade foods is continually growing, and coffee is one of the most popular items. We enlisted five java junkies – and Hannaford regulars – from across New England and New York state to test several of our Fair Trade coffees. Each coffee was ranked for aroma, taste, texture, bitterness, and overall quality. These beans emerged as our panelists' favorites.

Equal Exchange Organic Breakfast Blend French Roast

Newman's Own Colombian Especial

Green Mountain Organic Breakfast Blend

Nature's Place™ Organic French Roast

OUR COFFEE PANEL

TOM COOPER
Saco, Maine: I drink it black, and I really liked the smooth flavor of Nature's Place. It's the right strength for me.

SUE GAISER
New Hartford, N.Y.: The Equal Exchange coffee is stronger than I usually drink. But it's good after dinner.

MINA AYERS
Sanbornton, N.H.: We usually roast our own... but we found Newman's Own a good choice.

BECCA FOX
Milton, Vt.: Nature's Place was robust, and even after sitting out a while it still had a good flavor.

MATT CYR
Hopedale, Mass.: Green Mountain has a smooth flavor. It would be nice with a chocolate dessert.

THIS PAGE: JIBEL BENJAMIN (PRODUCTS); FACING PAGE: PHOTOGRAPHER: HEATH ROBBINS; FOOD AND PROP STYLING: CATHY KELLY

how sweet it is!

A seasonal treat, sweet and succulent Vidalia onions are right on time for grilling in our recipe for **Sirloin Steaks with Grilled Vidalia Onion Relish**, the savory steak is complemented by the tasty onions. Look for this recipe at **hannaford.com**.

VIDALIA LOVER'S GUIDE

Find Vidalias in Produce from now through early fall.

- Delicate Vidalias are best when firm with thin, dry skin that's easily peeled.
- Keep Vidalias flavorful by storing them in a cool, dry place.
- Enjoy juicy, sweet Vidalias raw like an apple – without tears.
- Get your fill of Vidalia lore at the Vidalia Onion Museum in (where else?) Vidalia, Ga., preferably during the Vidalia Onion Festival held every spring.

For more on enjoying Vidalias, visit **hannaford.com**.

fête on the fly

how to throw a last-minute, fuss-free party

By Jolyon Helterman

GREAT GATHERINGS don't require a long lead time or a kitchen staff. A few tricks let you play host with the most at a moments notice.

PICK THEME Delegate! Choose a broad, simple theme — "brown," "purple," "the letter B" — and have guests bring something related instead of the usual bottle of wine. Vodka — a bottle in icebreaker — gives everyone a chance to put their own personal spin on the theme.

DECORATE Repurpose neutral holiday ornaments (save the Santas for December) and battery-powered light strings by stuffing them into glass bowls and vases. Even easier: stop by your local department for some brightly hued blooms.

SERVE EASY FOOD The only measure of success is whether partygoers — and that includes you! — feel comfortable enough to kick back. Keeping the menu simple will make it easier for you to escape the kitchen and enjoy your guests.

FREEZER FRUIT PUNCH SPARKLER

Stock a few freezer staples and you're always just five minutes away from a pitcher-perfect refresher. Combine frozen limeade and white grape juice concentrate with equal amounts of dry white and sparkling wine (or apple juice and club soda for a nonalcoholic version). Instead of ice cubes, add frozen mixed berries just before serving for a colorful presentation.

For some great last minute appetizer ideas, visit **hannaford.com**

fête accompli

For a truly instant party, make one trip to Hannaford for everything you need, from delicious food to paper goods to drinks – even ice. Our freshly assembled party platters offer options that include veggies and seasonal fruits, snacks, sandwiches, and irresistible bite-size desserts. Check out the choices and find more party planning tips at **hannaford.com**

MAIN PHOTO: FOOD: 40; GRACE PHOTOGRAPHER: KELLER • KELLER FOOD STYLING: MARY JANE SAWYER PROP

more than luck

Dana Petkovsek brings a life-long love of cooking to the table

By Meghan Rowley Little

A potluck with guests contributing an array of new flavors and ideas makes for a great gathering. For foodies like Dana Petkovsek, Associate Relations Manager at our Herkimer, N.Y. store, a potluck means a full serving of inspiration.

Dana's passion for cooking has deep roots. As a child she spent many hours in the kitchen with her mother. "I was always watching and helping," she says.

The main motivation for Dana's cooking is making people happy. "I love knowing that people enjoy my food," she says. With three children, plus a large close-knit extended family, Dana spends a lot of time cooking. "I think you put more love into the foods you prepare for your family," she says.

Dana also puts tons of care into the meals she prepares for friends. In fact, some dishes

hold special memories for Dana. Her Greek Penne Salad is one that she and her friends enjoy during their annual tour of the Seneca Lake Wine Trail.

This tangy dish is also a go-to for Dana when it comes to sharing at picnics and potlucks. "It's something different, and you can be sure that no one else will bring it," she says. "And it travels easily."

> "I love knowing that people enjoy my food"

DANA'S GREEK PENNE SALAD

SERVES 12
ACTIVE TIME 35 MINUTES
TOTAL TIME 35 MINUTES

"This is great to bring to a party," Dana says. Recipe may be halved.

- 1 (16 oz.) pkg. penne pasta
- 1 cup drained and chopped sundried tomatoes
- 1 (6 oz.) container crumbled feta cheese
- ¼ cup diced red onion
- ½ cup pitted and sliced kalamata olives
- ¼ cup chopped Nature's Place™ Organic Mint
- ¼ cup chopped Nature's Place Organic Parsley
- ¼ tsp. freshly ground black pepper
- ½ cup Taste of Inspirations® Balsamic Vinaigrette Salad Dressing, plus additional ¼ cup, if needed

1. Bring 1 gallon water to a boil in a large pot. Add 1 Tbsp. salt, stir, then add pasta. Cook until just al dente, about 8 to 10 minutes. Drain, rinse with cold water, then transfer to a large bowl.
2. Add the remaining ingredients and toss. Serve warm, room temperature, or chilled. May be prepared 1 day in advance (if so, add an additional ¼ cup vinaigrette and toss just before serving).

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 250 CALORIES, 35G CARBOHYDRATES, 9G PROTEIN, 9G FAT (2G SATURATED), 10MG CHOLESTEROL, 410MG SODIUM, 2G FIBER

Another party favorite: Dana's Raspberry-Filled Cookies, has a story in her family and at Hannaford. Check out the recipe and learn its history at hannaford.com.

Share your favorite recipe!
You could be featured on the Sharing page. Just email freshmagazine@hannaford.com.

Good for You Brownies

Well, not quite. But this healthier version of a party staple will have chocoholics doing a double take

A favorite chocolate brownie recipe clocked in at almost 200 calories per 2-inch square with 35 mg of cholesterol and almost 5 grams of saturated fat (And we could never eat just *one* brownie!) We reduced the cholesterol by using Guiding Stars®–rated vegetable or canola oil instead of the butter and knocked off some fat and calories by replacing some of the melted chocolate with unsweetened cocoa Hannaford Nutrition Coordinator (Carmel N Y) Allison J Stowell recommends whole wheat flour for her recipe below Because it's slightly denser than all-purpose flour the recipe uses a smaller amount Fiber-rich whole wheat pastry flour found in our bulk aisle yields the best results

BETTER CHOCOLATE BROWNIES

MAKES 16 BROWNIES (16 SERVINGS)
ACTIVE TIME 27 MINUTES
TOTAL TIME 55 MINUTES

For a lighter cakier brownie use ¼ cup oil + ¼ cup nonfat plain yogurt instead of ½ cup oil bake for 20 to 25 minutes May be frozen.

- ⅓ cup plus ⅓ cup semisweet chocolate chips, divided
- ⅓ cup vegetable or canola oil
- ¼ cup unsweetened natural cocoa powder, sifted
- 1 egg
- 2 egg whites
- ⅓ cup organic pure brown cane sugar such as Sucanat
- 1 tsp vanilla extract
- ⅓ cup whole wheat pastry flour or white whole wheat flour
- ¼ tsp baking powder
- ¼ tsp salt

1. Preheat oven to 350°F Spray an 8-inch square baking pan with vegetable cooking spray
2. In the top of a double boiler or in a heatproof bowl over barely simmering water melt ⅓ cup of the chocolate chips with the oil stirring occasionally until smooth. Remove from heat and stir in the cocoa until smooth. Let cool about 10 minutes
3. In a large mixing bowl whisk together the whole egg and egg whites Add the sugar and whisk to combine or use an electric mixer on low speed Add the vanilla and the chocolate oil mixture and mix with a wooden spoon until smooth
4. In a separate bowl stir together the flour, baking powder and salt Fold into the chocolate mixture and stir until well blended about 2 minutes Stir in remaining ⅓ cup chocolate chips
5. Pour batter into prepared pan and bake for 25 to 30 minutes until a toothpick inserted in the center comes out clean. Remove from the oven and cool for at least 10 minutes before cutting into 2-inch squares Serve warm or at room temperature

APPROXIMATE NUTRITIONAL VALUES PER SERVING 140 CALORIES 14G CARBOHYDRATES 2G PROTEIN 10G FAT (2 5G SATURATED) 10MG CHOLESTEROL 60MG SODIUM, 1G FIBER

Our brownie makeover swaps out high-calorie, high-fat ingredients for health-savvy stand-ins

good and healthy

Like whole wheat flour white whole wheat flour is made with the whole grain Lighter in color and texture because it's made from an all-no wheat it has all the beneficial nutrients and fiber of whole grain

THIS PAGE PHOTOGRAPHER KELLER + KELLER FOOD STYLING MARY JANE SAWYER PROP STYLING LAUREN NILES
FACING PAGE GETTY IMAGES (TIMATH) STOCKFOOD (BUBACKS)

Healthy Cook

How do I eat healthy at a cookout?

By Allison J. Stowell, MS, RD, CDN

The backyard BBQ, that summer staple, can be a diet disaster – with greasy burgers, creamy salads, indulgent desserts, and mounds of potato chips. But with a few easy tips, you can have your cookout favorites – and even eat them too.

Use a plate. Backyard events are typically casual, which can be bad news for portion control. Use a plate – or at least a napkin – to control portion size. Never eat directly from a bag, serving bowl, or platter. You lose the mind-body connection.

Seek variety. Cookout food tends to be carb-heavy with

> Drinking plenty of water helps control your appetite and keeps you hydrated.

standards like rolls. Make sure your plate has some variety. Ask the host if you can bring a fruit salad or cut up veggies.

Hold the mayo. Steer clear of sides like coleslaw and pasta salad, which often have lots of fat and calories and not a lot of nutrients. Instead of mayo, try light Italian dressing.

Scream for low-fat ice cream. I give my kids low-fat ice cream and they can't tell the difference. Skim milk ice cream is sometimes healthier than regular frozen yogurt. But remember that low-fat isn't calorie free.

The redder, the better. When it comes to beef burgers, be bold. The redder the uncooked meat, the lower the fat content. (Cook beef burgers to an internal temperature of at least 160°F.) Even better: opt for grilled chicken, fish, veggies, or fruit.

Skin your chicken. Chicken skin has lots of fat and zero nutritional value.

Drink up. Drinking plenty of water helps control your appetite and keeps you hydrated. And water can come from juicy fruits, like watermelon. But soda doesn't count! A much better choice: seltzer.

...and stay smart. Alcoholic drinks can be loaded with calories, but lighter options include white wine spritzers, mimosas and Bloody Marys.

For more healthy living tips, visit Allison's website **beyond-health.com**, or **hannaford.com**.

Juicy Ripe Tomatoes

So much more than a garnish for your burger, tomatoes are low in cholesterol, with no fat and few calories. They're also rich in vitamin C and a good source of calcium, folate, and beneficial phytonutrients like lycopene – shown to lower risk for some forms of cancer and possibly degenerative neurological diseases like Alzheimer's. So enjoy another slice.

Food Fight: Battle of the Beef Burgers

BEEF BURGERS MADE OF 95% LEAN MEAT still pack [illegible] of taste. But have significantly fewer calories, fat, and [illegible] than fatter counterparts, and grill up just as well.

BEEF BURGER [illegible]

Serving size: 3 oz.
Calories: 209
Total fat: 13.5 g
Calories from fat: 122
Cholesterol: 73 mg
Sodium: 71 mg
Carbohydrates: 0 g
Dietary fiber: 0 g
Protein: 20.4 g

BEEF BURGER 95% LEAN MEAT

Serving size: 3 oz.
Calories: 145
Total fat: 5.6 g
Calories from fat: 5[illegible]
Cholesterol: 65 mg
Sodium: 55 mg
Carbohydrates: 0 [illegible]
Dietary fiber: 0 g
Protein: 22.3 g

PHOTOGRAPHS BY MA

king of the grill

Celebrate Dad's special day with o and dou ondu

One of the great pleasures of summer is enjoying delicious foods cooked outdoors. Whether your backyard grill is a basic setup or something more elaborate, you can enjoy tasty and healthy foods like fish, chicken, lean beef, and grilled vegetables cooked and served in the open air. But some lazy afternoons we just want to kick back and enjoy simple burgers and grilled hotdogs. And what better day than Father's Day, June 20, to enjoy an easy family feast?

Whether Dad is manning the spatula or relaxing while the rest of the family tends the coals he'll enjoy these healthier twists on the classics Burgers made with leaner chicken and turkey are best cooked more slowly than beef over medium heat However if you prefer beef it can be easily substituted in the burger recipes See "good and healthy" (below) for cooking times

No matter what meat you use resist the temptation to press down while grilling burgers — you'll squeeze out the juices Hot dogs are a summer classic and our turkey dog is a tasty healthy alternative to beef and pork frankfurters

At Hannaford you ll find all the extras to complete your Father's Day feast Try freshly made rolls or a hearty bread from our Bakery Be sure to grab some tomatoes onions and lettuce in Produce to add crunch and a little zing between the slices And while you re there don t forget the makings for your favorite fresh salad — garden or fruit — and a few ears of fresh corn on the cob

TURKEY DOGS WITH TWO GRILLED TOPPINGS

SERVES 8
ACTIVE TIME 25 MINUTES
TOTAL TIME 45 MINUTES

These bright and flavorful versions of traditional toppings are sure to have Dad returning for seconds Both can be prepared in advance and chilled until ready to serve They re also great toppers for turkey burgers and turkey sausage Recipe may be halved

How to Use a Food Thermometer

Use an instant read food thermometer to check the internal temperature toward the end of the cooking time but before you expect the food to be done

Place the thermometer in the thickest part of the meat making sure it does not touch bone fat or gristle

Make sure to clean your food thermometer with hot soapy water after each use

Sweet and Spicy Corn Relish

- 3 ears of corn
- 2 Tbsp. olive oil divided
- 2 Tbsp red wine vinegar
- 1 tsp honey
- ½ tsp ground cumin
- ¼ tsp salt
- ¼ tsp crushed red pepper flakes
- 1 red bell pepper diced
- 2 scallions thinly sliced
- 1 jalapeño pepper deveined seeded and minced

Smoky Tomatoes

- 6 large plum tomatoes, halved lengthwise
- 2 tsp olive oil
- ¼ tsp. freshly ground black pepper
- ½ tsp. Taste of Inspirations® Cabo Chipotle Rub or to taste
- ¼ tsp. Inspirations Salish Alder Smoked Fine Salt

- 8 turkey hot dogs 98% fat free
- 8 hot dog buns split

1 Preheat grill to medium high
2 Prepare the Sweet and Spicy Corn Relish Husk corn and brush each ear with 1 tsp of the olive oil Place corn on the grill rack and grill covered, for 8 to 12 minutes turning occasionally until the corn begins to char Watch carefully to make sure corn doesn t overcook Remove corn from the grill and let cool
3 In a medium bowl whisk together the remaining 1 Tbsp olive oil with the vinegar honey cumin salt and crushed red pepper Add the bell pepper scallions and jalapeño When the corn is cool enough to handle cut off the kernels and add to the bowl Cover and set aside (May be prepared 1 day in advance and stored refrigerated in an airtight container)
4 Prepare the Smoky Tomatoes (may be done simultaneously with the corn relish) Rub all sides of the tomato halves with olive oil and sprinkle with pepper Place tomatoes cut side down on the grill and cook 4 to 6 minutes then flip and grill an additional 4 to 6 minutes until marked Transfer tomatoes to a plate and let cool for 5 minutes When cool enough to handle cut each half in two and transfer to a medium bowl Stir in the rub and salt and mix to distribute Cover and set aside
5 Grill the turkey dogs Lower the grill heat to medium Place turkey dogs on the grill perpendicular to the grill grates Grill for 8 to 10 minutes turning every 2 minutes until they have darkened in color and grill marks appear Place buns on the edge of the grill to warm
6 To serve place hot dogs in the buns and serve with the Sweet and Spicy Corn Relish and Smoky Tomatoes in bowls on the side

APPROXIMATE NUTRITIONAL VALUES PER SERVING
300 CALORIES 49G CARBOHYDRATES 13G PROTEIN 7G FAT (1G SATURATED) 15MG CHOLESTEROL 850MG SODIUM 9G FIBER

good and healthy

A juicy beef burger hot off the grill can be part of a perfect meal But be mindful of food safety when you store and cook ground beef Refrigerate ground beef between 35° and 40°F and use within a day or two after purchasing If you buy premade patties, be sure to note the "freeze by" or "use by" date on the package Ground beef should be cooked thoroughly to at least "medium" doneness with the juices running clear Use a meat thermometer to be sure the internal temperature reaches at least 160°F For a half pound patty estimate about 11 minutes total cooking time for medium and 13 for well done and for a three quarter-pounder 13 minutes for medium and 15 for well done

FOOD STYLING A J BATTAGLIA/AMBIENT PROP STYLING FRANCINE MATALON JEANS STOCK PHOTO (THERMOMETER)

(TACO BURGERS WITH BLACK BEAN SALSA)

TACO BURGERS WITH BLACK BEAN SALSA

SERVES 4
ACTIVE TIME 18 MINUTES
TOTAL TIME 29 MINUTES

Looking for a Tex-Mex spin on your classic cookout burger? Fresh cilantro, Cheddar cheese, and chili powder punch up the flavor of lean ground turkey. This recipe easily doubles, and may also be halved.

- 1 cup reduced-sodium canned black beans, rinsed and drained
- ¼ cup Native's Place® Medium Salsa (found in the Organic & Natural aisle)
- 1 Tbsp. fresh lime juice
- ¼ cup finely chopped fresh cilantro, divided
- ¼ cup thinly sliced scallions, divided
- 1 (20.8 oz.) pkg. 93% lean ground turkey
- 1½ tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. garlic powder
- ½ cup grated reduced-fat Cheddar cheese, such as Cabot 50% Reduced-Fat Sharp
- ¼ tsp. freshly ground black pepper
- 4 leaves romaine lettuce
- 4 whole wheat bulkie rolls, split
- 1 medium tomato, sliced

1. Preheat grill to medium-high.
2. In a medium bowl, mash ½ cup of the beans using the back of a spoon or fork. Stir in salsa, lime juice, remaining ½ cup beans, and 1 Tbsp. each of the cilantro and scallions. Stir to combine. Set aside.
3. In a large bowl, combine the turkey with the remaining cilantro and scallions. Mix in chili powder, cumin, garlic powder, cheese, and pepper. Mix until evenly blended. Form into 4 patties (about 4 inches in diameter and ¾ inch thick).
4. Brush hot grill with vegetable oil. Place burgers on the grill and cook undisturbed for 6 to 7 minutes until well marked. Spray the tops of the burgers with cooking spray and flip. Cook for an additional 5 to 6 minutes until cooked through.
5. Assemble burgers: Place a lettuce leaf on the bottom of each roll. Top with a tomato slice, a burger patty, a generous 2 Tbsp. of the bean mixture, and then the top half of the roll. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
500 CALORIES, 51G CARBOHYDRATES, 48G PROTEIN, 15G FAT (4.5G SATURATED), 95MG CHOLESTEROL, 830MG SODIUM, 9G FIBER

Beer Suggestions

For these bold-flavored burgers and dogs, look to beers with a light, summery vibe to balance your tastebuds. For the Taco Burgers, try the citrus-infused **Blue Moon Belgian White** for a smooth finish. The spicy and slightly sweet notes of **Michelob Pale Ale** complement the blue cheese sauce in the Buffalo Chicken Burgers. Lemon-ade-flavored **Leinenkugel's Summer Shandy** is a great match for the Turkey Dogs' smoky toppings. And when paired with the intensity of the ginger in the Grilled Tuna Sliders, **Shock Top** releases the subtle tastes of citrus and coriander.

BUFFALO CHICKEN BURGERS WITH BLUE CHEESE DRESSING

SERVES 4
ACTIVE TIME 17 MINUTES
TOTAL TIME 29 MINUTES

This burger delivers the bold flavors of Buffalo wings minus the mess and calories. Recipe may be halved.

- ¼ cup light sour cream
- ¼ cup reduced-fat blue cheese crumbles
- ¼ tsp. Worcestershire sauce
- 1½ lbs. ground chicken
- 5 Tbsp. hot sauce (such as Texas Pete's or Hannaford brand), divided, plus additional for serving
- ½ tsp. celery salt (optional)
- ¼ tsp. poultry seasoning
- ½ tsp. paprika
- pinch cayenne pepper, or to taste
- 4 whole wheat hulkie rolls, split
- 4 leaves iceberg lettuce
- ½ cup diced celery

1. Preheat grill to medium-high.
2. In a small bowl, mix together sour cream, blue cheese, and Worcestershire sauce until evenly blended. Set aside.
3. In a large bowl, combine chicken, ¼ cup of the hot sauce, celery salt (if using), poultry seasoning, paprika, and cayenne. Mix until evenly blended. Form into 4 patties, about 4 inches in diameter and ¾-inch thick.
4. Brush hot grill with vegetable oil. Place burgers on grill and cook undisturbed for 6 to 7 minutes until well marked. Spray the tops of the burgers with cooking spray and flip. Cook for an additional 5 to 6 minutes until cooked through. Brush the tops of the burgers with the remaining 1 Tbsp. hot sauce.
5. Assemble burgers. Place a lettuce leaf on the bottom of each roll, top with a burger patty, 2 Tbsp. of dressing, 2 Tbsp. celery and then the top half of the roll. Serve immediately with additional hot sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
500 CALORIES, 41G CARBOHYDRATES, 43G PROTEIN, 20G FAT (6G SATURATED), 155MG CHOLESTEROL, 1,190MG SODIUM, 8G FIBER

WHERE'S THE BEEF?

On those busy evenings when you want a no-fuss meal with no kitchen mess, pick up some ready-to-grill meals. Choose among options like **Hannaford Chicken Patties** and **Nature's Place™ sausages** in several tempting varieties, including Spinach Chicken and Italian flavors. In the Frozen aisle, look for **Taste of Inspirations® 85% Lean Angus Ground Beef Patties** and **Hamastyle Turkey Burgers**—both are delicious topped with your favorite fixings.

(GRILLED TUNA SLIDERS WITH GINGER-CARROT SLAW)

TOP IT OFF

What's a cookout without an assortment of toppings? **Nature's Place™ Organic Ketchup** and **Yellow Mustard** are tasty classics, but if your preference runs to more unique flavors, the **Taste of Inspirations®** mustard lineup features **Honey, Cranberry, Raspberry Honey, Maine Maple,** and **Irish Stout**. Bruschetta-topping like **Inspirations Sundried Tomato** or **Tuscan** also makes a tasty change of pace. When you want extra zing, count on **Nature's Place salsa** available in Mild, Medium, Hot, and Chipotle Lime. Change up familiar American cheese slices with mild **Cheddar, Jarlsberg** or any of our **Inspirations** slicing cheeses – or even crumbles of blue, whiteside or goat cheese.

GRILLED TUNA SLIDERS WITH GINGER-CARROT SLAW

SERVES 4 (2 SLIDERS PER SERVING)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 25 MINUTES

Sliders are swiftly becoming popular at high-end restaurants. These miniature burgers, while sophisticated, are also perfect for your backyard barbecues. The Ginger Carrot Slaw adds a bit of zesty crunch and a bright splash of color. Recipe may be halved.

Ginger Carrot Slaw

- 2 Tbsp. rice vinegar
- 1 Tbsp. olive oil
- 1 tsp. toasted sesame oil
- 1 tsp. reduced-sodium soy sauce
- 2 tsp. grated fresh ginger
- 1 cup julienne-cut matchstick carrots (available in Produce)
- 2 tsp. sesame seeds

Tuna Patties

- 1 lb. tuna steaks
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. olive oil
- 2 tsp. toasted sesame oil
- 1 egg white
- 1 Tbsp. minced fresh ginger
- 2 scallions, chopped
- 2 cloves garlic, chopped
- 8 whole wheat dinner rolls, split
- 1 cup Inspirations Baby Spinach

1. Preheat the grill to medium-high.
2. Prepare Ginger-Carrot Slaw: In a medium bowl, whisk together rice vinegar, olive oil, sesame oil, soy sauce, and ginger. Add carrots. In a small skillet, toast sesame seeds over medium-high heat, stirring frequently, until lightly browned, about 1 to 2 minutes. Toss with the carrot slaw and set aside.
3. Prepare the patties: Chop tuna into ½-inch pieces and place in the bowl of a food processor. Add soy sauce, olive oil, sesame oil, egg white, ginger, scallions, and garlic. Pulse to chop and mix, but do not process into a purée; mixture should be coarse. Form into 8 small patties.
4. Brush hot grill with vegetable oil. Place patties on the grill and cook for 1 to 3 minutes per side, or to desired degree of doneness (1 minute per side for rare, 2 for medium rare, 3 to 4 for medium). During the last minute of cooking, place the rolls around the edge of the grill, split sides down, to warm through.
5. Divide the spinach among the bottom halves of the rolls and top with a burger. Place some slaw on top of each burger followed by the top halves of the rolls. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 450 CALORIES, 33G CARBOHYDRATES, 35G PROTEIN, 20G FAT (4G SATURATED), 45MG CHOLESTEROL, 450MG SODIUM, 5G FIBER ●

JOEL BENJAMIN; MUSTARDS, SAUSAGES

(GREATEST PIZZA MARGHERITA • SEE RECIPE ON PAGE 21)

discover a new taste dimension for a year-round favorite

grilled pizza party

BY BRYAN ROOF • PHOTOGRAPHS BY KELLER + KELLER

Pizza parties are nothing new. Pepperoni and plain with extra cheese have long been standard fare for birthday parties and quick dinners. But pizza has come a long way: unexpected combinations like grilled lemon shrimp with roasted bell peppers or grilled steak with tomatoes and smoked mozzarella now hold their own against classics like pizza Margherita. During the warm summer months, pizza begs to be moved from the stuffy, overheated kitchen to the spacious outdoors and the glowing coals of the grill.

Grilled pizza has a wonderful, slightly smoky flavor unlike anything you can order by phone. Try one of our creative pizza recipes, or start with our basic tomato pie, then add the toppings you like. Prepared pesto, one of our Taste of Inspirations® bruschettas, cheeses such as chèvre, feta, or pepper jack — anything goes when you're in charge.

Because the dough will cook quickly once it's draped over a hot grill, it's essential to have everything nearby and ready to go before starting. Toppings like steak, chicken, and shrimp must be fully cooked and sliced. All vegetables should be cut, herbs chopped, and cheese grated. A quick "raw" sauce made by puréeing canned tomatoes, basil, olive oil, and garlic adds a touch of fresh acidity to compete with the smoky char of the grill (see sidebar below).

The dough for grilled pizza is much the same as classic pizza dough. The addition of whole-wheat flour lends nutriness and textural variation, while a small amount of olive oil helps make the dough more tender. A light exterior coating of oil on both sides of the dough helps prevent it from sticking to the grill. You could also use refrigerated pizza dough, available in the Deli (use the same coating of olive oil). Grilled pizza needs just a few minutes to cook. And with that quick turnaround time, it's easy to make enough pies to entertain a bunch of hungry friends.

ONE AT A TIME

Resist the temptation to grill multiple pizzas at once, especially with a hungry crowd eagerly awaiting these delectable pies. The pizza needs to cook on the center of the grill so the heat is evenly distributed. If it's off center, even a bit, the edges don't cook up as fast. So stick to grilling one at a time – it'll be ready in just 5 minutes.

PIZZA DOUGH

SERVES 4 (MAKES 2 MEDIUM PIZZAS)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 2 HOURS

After the initial rise (step 2), the pizza dough can be stored in the refrigerator for up to 2 days; allow the dough to come to room temperature before proceeding with the recipe. Coating the exterior of the dough with oil is essential to keep the crust from sticking to the grill.

Note: *The water should be slightly warmer than body temperature, about 105°–110°F. Water that is too hot will kill the yeast.*

- 1½ cups all-purpose flour
- 1 cup whole wheat flour
- ½ tsp. kosher salt
- 1 (.25 oz.) pkg. rapid rising (instant) yeast
- 1 cup warm water
- 3 Tbsp. extra virgin olive oil, divided

1 In a large bowl, whisk together both flours, salt, and yeast. Add the water and 1 Tbsp. of the oil and mix with your fingers until the dough comes together in one large mass. Knead in the bowl for 2 to 5 minutes, until dough is firm, smooth, and elastic. If it seems too sticky, add additional all-purpose flour 1 Tbsp. at a time. If it seems too dry and crumbly, add additional water 1 tsp. at a time.

2 Remove dough from bowl and form into a ball. Wipe bowl clean and spray with vegetable or olive oil cooking spray. Place dough in bowl and lightly spray the top of the dough with cooking spray. Cover bowl with plastic wrap, and let rise at room temperature until dough doubles in size, about 1½ to 2 hours. (Dough may also be made using the dough cycle of a bread machine; follow the manufacturer's instructions.)

3 Punch down the dough, folding and pressing it several times. Divide dough into 2 even balls and let them rest on a work surface, covered with a towel, for about 10 minutes. Resting allows the gluten in the flour to relax, so the dough will be easier to stretch.

4 On a lightly floured surface, stretch or roll out the dough balls one at a time into roughly 11-inch circles. Brush the top and bottom surfaces of each circle with 1½ tsp. of the oil, making sure the surface is well coated. Follow cooking instructions for individual recipes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
330 CALORIES, 54G CARBOHYDRATES, 11G PROTEIN, 12G FAT (1.5G SATURATED), 0MG CHOLESTEROL, 250MG SODIUM, 6G FIBER

SPEEDY PIZZA SAUCE

MAKES ABOUT 2 CUPS, ENOUGH FOR 2 MEDIUM PIZZAS
ACTIVE TIME: 7 MINUTES
TOTAL TIME: 7 MINUTES

- 1 (14.5 oz.) can whole tomatoes
- ¼ cup fresh basil leaves
- ⅛ tsp. kosher salt
- ¼ tsp. crushed red pepper flakes, or to taste (optional)

1 Combine the tomatoes and their juice, basil, salt, and red pepper flakes, if using, in a blender or food processor and puree for 30 seconds; set aside until needed. May be prepared 1 day in advance and stored, refrigerated, in an airtight container. Allow to come to room temperature before using.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
20 CALORIES, 4G CARBOHYDRATES, 1G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 210MG SODIUM, 1G FIBER

FOOD STYLING: MARY-JANE SAWYER, PROP STYLING: LAUREN NIKES

GRILLED PIZZA MARGHERITA

SERVES 4 (MAKES 2 MEDIUM PIZZAS)
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

This recipe is for a basic classic pizza, grilled style. Follow these techniques and use this as a base for any toppings you choose. Shredded mozzarella may be used instead of fresh mozzarella, if you prefer. Pizza may be frozen.

- 1 batch pizza dough, ready for forming (see recipe, page 26)
- 1 batch pizza sauce (see recipe, page 26)
- 8 oz. fresh mozzarella, cut into ¼-inch slices
- ⅓ cup fresh basil leaves, coarsely chopped

1. Preheat grill to medium-high; clean and oil the grill.
2. Form dough into 2 pizza crusts, as described on page 26. Once the grill is hot, place 1 pizza crust on the grill, cover, and cook until the top side has formed large bubbles and the bottom easily lifts off the grate with a metal spatula, about 2 minutes. Flip the dough and top with half the sauce, cheese, and basil. Cover and cook for 2 to 3 more minutes, until cheese begins to melt and sauce is heated through. Using a spatula or tongs, slide the pizza onto a serving plate. Repeat with second pizza crust and remaining toppings. Cut each pizza into 4 pieces and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
550 CALORIES, 60G CARBOHYDRATES, 26G PROTEIN, 24G FAT (8.5G SATURATED), 30MG CHOLESTEROL, 840MG SODIUM, 7G FIBER

GRILLED STEAK AND TOMATO PIZZA

SERVES 4 (MAKES 2 MEDIUM PIZZAS)
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 45 MINUTES

Smoked mozzarella brings out the flavors of the grilled steak. Pizza may be frozen.

Note: *Cooked, sliced steak tips may be substituted for the strip steak.*

- 1 (12 oz.) strip steak
- 2 medium tomatoes, cut in half
- ¼ tsp. kosher salt, or to taste
- ½ tsp. freshly ground black pepper, or to taste
- 1 batch pizza dough, ready for forming (see recipe, page 26)
- 1 batch pizza sauce (see recipe, page 26)
- 8 oz. smoked mozzarella, sliced thin
- ½ cup fresh cilantro leaves

1. Preheat grill to medium-high; clean and oil the grill. Season steak and tomatoes with salt and pepper. Grill the steak until medium rare, 2 to 4 minutes per side. Let the steak rest for 10 minutes, then cut into ¼-inch thick slices.
2. Place tomatoes on the grill, cut side down. Grill, covered, for 3 to 5 minutes, until marks start to appear. Use tongs to flip tomatoes and grill second side until marked, about 3 minutes. Transfer to a plate and let rest 5 minutes, then cut each half into 3 or 4 pieces.
3. Form dough into 2 pizza crusts, as described on page 26. Place one pizza crust on the grill, cover, and cook until the top side has formed large bubbles and easily lifts away from the grill with a metal spatula, about 2 minutes. Flip the dough and top with half of each topping: sauce, cheese, grilled steak, tomatoes, and cilantro. Cover and cook for 2 to 3 more minutes, until sauce is heated through and cheese is melted. Using a spatula or tongs, slide pizza onto a serving plate. Repeat with the remaining dough and toppings. Cut each pizza into 4 pieces and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
760 CALORIES, 64G CARBOHYDRATES, 44G PROTEIN, 37G FAT (13.5G SATURATED), 75MG CHOLESTEROL, 1,010MG SODIUM, 8G FIBER

GRILLED CHICKEN AND ARUGULA PIZZA

SERVES 4 (MAKES 2 MEDIUM PIZZAS)
ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES

Creamy goat cheese nicely balances peppery arugula. Crumble the cheese while cold, but allow it to come to room temperature before topping the pizza. Pizza may be frozen.

- 1 medium red onion, cut in 4 thick slices
- 2 (6 oz.) Taste of Inspirations® Boneless, Skinless Chicken Breasts
- ¼ tsp. kosher salt, or to taste
- ½ tsp. freshly ground black pepper, or to taste
- 1 batch pizza dough, ready for forming (see recipe, page 26)
- 1 batch pizza sauce (see recipe, page 26)
- 6 oz. goat cheese, crumbled
- 2 cups Nature's Place™ Organic Baby Arugula

1. Preheat grill to medium-high, clean and oil the grill. Place onion slices on the grill and cook each side about 5 to 7 minutes, until marked. Transfer to a cutting board and let cool a few minutes, then chop.
2. Season chicken breasts with salt and pepper. Place chicken on grill, cover, and grill until cooked through, about 3 to 5 minutes per side. Let rest for 5 minutes, then cut into ¼ inch thick slices.
3. Form dough into 2 pizza crusts, as described on page 26. Place 1 pizza crust on the grill, cover, and cook until the top side has formed large bubbles and easily lifts away from the grill with a metal spatula, about 2 minutes. Flip the dough, and top with half of each topping: sauce, goat cheese, grilled chicken, and grilled onion. Grill for 2 minutes covered, then top with half the arugula and grill, covered, for an additional 30 seconds. The goat cheese should be soft and beginning to melt. Using a spatula or tongs, slide pizza onto a serving plate. Repeat with the remaining dough and toppings. Cut each pizza into 4 pieces and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
650 CALORIES, 65G CARBOHYDRATES, 44G PROTEIN, 27G FAT (10.5G SATURATED), 85MG CHOLESTEROL, 890MG SODIUM, 9G FIBER

(GRILLED CHICKEN AND ARUGULA PIZZA)

wine suggestions

With grilled pizza, think bright and lively wines. The crisp, vivid finish of **Kim Crawford Sauvignon Blanc** will balance the grilled chicken pizza's peppery arugula. For the basil-studded margherita, choose an herbaceous wine, such as **Dancing Bull Sauvignon Blanc**. **Woodbridge Lightly Oaked Chardonnay**, with its lemony finish, is the perfect partner for the lemon shrimp pizza. The hearty Grilled Steak and Tomato pie will lift off when paired with the berry fruit and subdued tannins of **Dancing Bull Zinfandel**.


(GRILLED LEMON SHRIMP AND ROASTED PEPPER PIZZA)

GRILLED LEMON SHRIMP AND ROASTED PEPPER PIZZA

SERVES 4 (MAKES 2 MEDIUM PIZZAS)
ACTIVE TIME: 50 MINUTES
TOTAL TIME: 55 MINUTES

Grilling red bell peppers brings out their natural sweetness, which nicely complements the lemon-marinated shrimp. Pizza may be frozen.

Note: *Do not allow the shrimp to marinate any longer than 5 minutes or the lemon juice will begin to "cook" them.*

- 2 red bell peppers, cut in half, cored, and seeded
- 1 lb large shrimp, peeled, deveined, and tails removed
- 2 Tbsp fresh lemon juice
- 2 tsp extra-virgin olive oil
- 2 cloves garlic, minced
- ⅛ tsp cayenne pepper, or to taste
- 1 batch pizza dough, ready for forming (see recipe, page 26)
- 1 batch pizza sauce (see recipe, page 26)
- 8 oz fontina cheese, grated
- ½ cup chopped parsley

1. Preheat grill to medium high, clean and oil the grill. Place peppers on grill cut side down and cook, covered, until light marks appear, about 4 to 5 minutes. Flip peppers over and grill, covered, until skin is blistered and black, about 5 minutes. Transfer peppers to a bowl and let cool slightly. When cool enough to handle, peel skin from peppers and slice pepper halves into ½-inch strips.

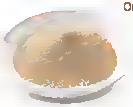
2. Combine the shrimp, lemon juice, oil, garlic, and cayenne pepper in a medium bowl and marinate for 5 minutes. Grill the shrimp until just cooked through, 1 to 2 minutes per side, then transfer to a plate.

3. Form dough into 2 pizza crusts, as described on page 26. Place one pizza crust on the grill, cover, and cook until the top side has formed large bubbles and easily lifts away from the grill with a metal spatula, about 2 minutes. Flip the dough, and top with half of each topping: sauce, fontina, grilled shrimp, grilled peppers, and parsley. Cover and cook for 2 to 3 minutes, until cheese is melted and sauce is heated through. Using a spatula or tongs, slide pizza onto a serving plate. Repeat with the remaining dough and toppings. Cut each pizza into 4 pieces and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
750 CALORIES, 65% CARBOHYDRATES, 50% PROTEIN, 34% FAT (13.5% SATURATED), 240MG CHOLESTEROL, 1,090MG SODIUM, 8G FIBER.

A chef, registered dietitian, and food writer living in Boston, Bryan Roof RD, LDN, enjoys cooking at home with his wife and three kids.

THE LOWDOWN ON YEAST



One dough recipe calls for **rapid-rising yeast**, which is also called Rapid Rise, Quick Rise, Instant, or Bread Machine yeast. It's yeast that does not require *proofing* or mixing with water beforehand to be activated (unlike "active dry" yeast, which needs proofing). Rapid rising yeast is easier to use, as you can add it directly with the flour.

Bring out the flavors of summer's finest by cooking on the grill

FRUIT ALFRESCO

BY KATHY GUNST • PHOTOGRAPHS BY HEATH ROBBINS

Ah, summer. Time to fire up the grill and throw on some nice, juicy...peaches? Yes, peaches. And nectarines, plums, pineapples, strawberries, and bananas too. Grilling fresh fruit brings out the natural sugars and caramelizes it to create a sweet, slightly smoky treat. You can serve grilled fruit as a side, or use it to create a dessert with a difference.

Our simple summer recipes highlight the best fruit of the season in straightforward but interesting ways. Old reliable fruit salad takes on a new dimension when the fruit is brushed with a maple glaze and grilled. Or try watermelon with a brand-new twist, as the base for our grilled salsa, terrific with grilled fish, chicken, or steak. Dip skewers of strawberries in sugar, and just a few minutes on the grill will bring out a sweet juiciness that pairs beautifully with ginger shortcakes and vanilla whipped cream. Sometimes, simplicity is bliss. Grilled nectarines, topped with a dollop of honeyed yogurt and toasted pistachios, make for a thoroughly light, healthy dessert you can enjoy all summer long.

Use these recipes as inspiration for other grilled fruit ideas — including side dishes, toppings for savory items, and desserts. Experiment with different summer fruits and discover a whole new world of grilling.

GRILLED WATERMELON SALSA

YIELDS ABOUT 6 CUPS (8 SERVINGS)
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 50 MINUTES

This refreshing, colorful grilled salsa delivers a peppery kick balanced with cooling fresh mint. Serve with chips, raw vegetables, or grilled shrimp. Serve within 3 to 4 hours. Recipe may be halved.

- 1 green bell pepper
- 1 yellow or red bell pepper
- 1 medium red onion, peeled and cut in 4 thick slices
- 1 small (about 4 lb.) seedless watermelon
- 2 Tbsp. olive oil
- ½ cup fresh lime juice
- ¼ cup chopped fresh mint
- ¼ tsp. hot sauce, or to taste
- ¼ tsp. salt, or to taste
- ¼ tsp. freshly ground black pepper, or to taste

1 Preheat a grill rack or grill basket to medium high on the grill. Place the whole peppers and onion slices on the grill rack. Grill for about 15-20 minutes, flipping the peppers from side to side until the skin is blackened. Grill and flip the onion slices until they are slightly charred and slightly cooked.

2. Remove onions and peppers and let cool about 15 minutes.

3 While the peppers and onions cook, cut the watermelon into wedge-shaped quarters. Cut each quarter into 1-inch-thick slices. Grill the slices for 2 to 3 minutes per side or until grill marks appear and the melon is slightly softened. You may need to press the watermelon flesh down with a spatula to get good contact with the grill to mark the flesh. Remove and let cool.

4 When peppers are cool enough to handle, peel off the charred skin. Hold peppers over a large bowl to catch any juices as you remove the cores. Remove any seeds that fall in, and discard. Chop peeled peppers into ½-inch pieces and add to the bowl. Chop the onions and add to the bowl. Remove the rind from the melon, chop the grilled flesh into ½-inch pieces, and add.

FRUIT KABOBS

One of the most appealing ways to grill fresh fruit is to slice it and skewer it. Work with fruits that are the same thickness, or use a separate skewer for each type of fruit, so you can control the cooking time of each.

Think about experimenting with different skewers. For example, use a thick stalk of rosemary (with the leaves removed) to give the fruit an herb-infused flavor. When using natural skewers such as bamboo, be sure to soak the thin skewers in cold water for at least 30 minutes. If you don't soak them, they will burn on the grill.

Serve fruit kabobs with other grilled foods or on top of yogurt, ice cream, sorbet, or Italian ice.

5 Mix the peppers, onions, and melon together. Add the oil, lime juice, mint, hot sauce, salt, and pepper. If you want a spicier salsa, add more hot sauce. Chill and serve within 3 to 4 hours.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
110 CALORIES, 22G CARBOHYDRATES, 1G PROTEIN, 3.5G FAT (0G SATURATED), 0MG CHOLESTEROL, 85MG SODIUM, 2G FIBER

GINGER SHORTCAKES WITH GRILLED STRAWBERRIES AND VANILLA WHIPPED CREAM

SERVES 8
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 45 MINUTES

Here's a new twist on a popular summer dessert. When strawberries are grilled, they take on a juicy, smoky flavor. These ginger-scented shortcakes go beautifully with other fruits as well — try grilled plums or pineapple.

wine suggestions

Crisp and moderately sweet **Barefoot Bubbly Moscato Spumante** will cut through the ginger shortcake's whipped cream and still shine against the grilled fruit. The mild floral character of **Cook's Extra Dry Champagne** will partner perfectly with the nectarines' honeyed filling. For the citrusy watermelon salsa, try **Nobilo Sauvignon Blanc** with its melon and lemon flavors and green pepper aromas. **Ballatore Gran Spumante** will be refreshing with the grilled fruit salad.

Shortcakes

- 2 cups all-purpose flour
- ⅔ cup plus 2 tsp. sugar, divided
- 1 tsp. baking soda
- ½ tsp. ground ginger
- ¼ tsp. salt
- ½ cup (1 stick) unsalted butter, chilled and cut into small pieces
- 1 egg
- 1 cup buttermilk, divided

Strawberries

- 1 lb. strawberries
- 2 Tbsp. sugar

Vanilla Whipped Cream

- 1 cup heavy cream
- ½ tsp. vanilla extract
- 2 Tbsp. confectioners' sugar

1 Have 8 skewers ready. If you are using bamboo skewers, soak them in water while you prepare the shortcakes.

2. Prepare the shortcakes. Preheat oven to 375°F. Line a baking sheet with parchment paper or spray with vegetable cooking spray.

3. In a large bowl, mix the flour, sugar, baking soda, ginger, and salt. Add the butter and use your fingers or a pastry cutter to work the butter into the flour mixture until it resembles small peas. Alternately, use a food processor.

4. Whisk the egg in a small bowl. Whisk in

FOOD AND PROP STYLING: CATHY NEWLY

Grilled strawberries, pineapples, and plums complement the ginger shortcakes to make a perfect summer treat from the grill

(GINGER SHORTCAKES WITH GRILLED STRAWBERRIES AND VANILLA-WHIPPED CREAM)

¼ cup of the buttermilk. Pour the egg mixture into the flour mixture and, using a spoon, mix until well incorporated. If the dough is too sticky, add additional flour, 1 Tbsp. at a time.

5 On a well-floured work surface, roll out the dough to a ¾ inch thickness. Using a 3 inch biscuit or cookie cutter (or a glass with a 3 inch diameter rim), cut out 8 shortcakes, rerolling the dough as needed.

6 Place shortcakes on the prepared baking sheet at least 2 inches apart. Brush the surface of each shortcake using the remaining ¼ cup buttermilk. Sprinkle each with ½ tsp. of the remaining sugar. Bake for 15 to 18 minutes or until cakes are a pale golden brown. Remove and let cool. The shortcakes can be made several hours ahead of time.

7 Prepare the strawberries. Remove stems. Place 4 to 6 berries on each skewer. Sprinkle with sugar, turning to coat the berries. Let rest for 10 minutes. Preheat grill to medium high. Use a grill rack if desired. Place skewers on the grill rack and grill for 1 to 3 minutes, depending on the ripeness of the berries. They should be slightly softened, with a few grill marks. Carefully flip over and grill another 1 to 3 minutes or until berries are just softened. Remove and let rest for 1 minute.

8 Prepare the whipped cream. Using an electric mixer on medium high speed, whip the cream in a large bowl until it begins to thicken. Add the vanilla, then while whipping, add the sugar. Continue whipping until soft peaks appear.

9 To serve, cut each shortcake in half horizontally and place on a dessert plate. Remove the strawberries from the skewers and cut in half. Place the slices from one skewer on the bottom half of a shortcake. Top with a dollop of whipped cream and then gently place the other half on top. Then top that with a smaller spoonful of whipped cream and a strawberry slice, if desired. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
430 CALORIES, 44G CARBOHYDRATES, 11G PROTEIN, 25G FAT (15G SATURATED), 105MG CHOLESTEROL, 340MG SODIUM, 2G FIBER

EXPERIMENT. FRUIT, FRUIT, FRUIT

The firm, juicy fruits of summer are great on the grill. Try these ideas:

- **Mango.** Peel and cut ⅓ of the fruit off each side (avoiding the thick, large pit in the middle). Place the mango on the preheated grill and cook for about 3 to 4 minutes, grilling a tic-tac-toe design in the flesh of the fruit. Serve with grilled pork, chicken, or shrimp.
- **Berries.** Toss summer berries (like strawberries, raspberries, or blueberries) with just a touch of sugar and place on a preheated grill rack or basket for about 1 to 2 minutes. Don't let them cook longer or they will fall apart. They will soften enough to make a fresh grilled berry "sauce" for ice cream, sorbet, and frozen yogurt.
- **Banana.** To make a grilled banana split, slice a banana in half lengthwise and brush with honey before grilling. Grill, then top with ice cream, fudge sauce, and grilled strawberries and pineapples.

GRILLED NECTARINES WITH HONEYED YOGURT-PISTACHIO FILLING

SERVES 8
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES

This is a fast, spectacular summer dessert that will wow your family and friends. Find really good ripe nectarines and toast the pistachios ahead of time and you'll have this ready in a jiffy.

- ½ cup pistachio nuts
- 1 cup plain Greek-style yogurt
- 7 Tbsp. Taste of Inspirations® Manuka Honey, divided
- 4 ripe nectarines, halved and pitted

1. Place the pistachios in a medium skillet and cook over moderate heat for about 5 minutes, tossing frequently, until fragrant and very lightly toasted. Remove from the heat and let cool. (The pistachios can be toasted several days in advance and stored in an airtight container at room temperature.)
2. In a medium bowl, mix together the yogurt and ¼ cup of the honey until smooth. Set aside. (Refrigerate and cover if making more than 1 hour before serving.)
3. Preheat the grill to medium heat. Place a clean grill rack or basket on the grill and let it get hot, about 3 minutes.
4. Brush the skin side of the nectarines with some of the remaining honey. Place on the hot grill, skin side down, and cook for 2 minutes. Turn and spoon about ½ tsp. of the honey into the pit cavity of each nectarine half. Cover the grill and cook another 3 minutes. The honey should caramelize the nectarines and they should turn a pale golden brown. The nectarines should be slightly soft but not mushy.
5. Remove from the heat and place the nectarines on a serving plate flesh side up. Spoon the honeyed yogurt into the cavity of each nectarine and top with the toasted pistachios and a drizzle of the remaining honey. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 150 CALORIES, 21G CARBOHYDRATES, 4G PROTEIN, 7G FAT (2.5G SATURATED), 5MG CHOLESTEROL, 10MG SODIUM, 2G FIBER

(GRILLED NECTARINES WITH HONEYED YOGURT-PISTACHIO FILLING)

GRILLED MAPLE-GLAZED FRUIT SALAD WITH LEMON CUSTARD

SERVES 4
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 2 HOURS 45 MINUTES (INCLUDING CHILLING TIME)

The fridge does most of the work for this summer custard. It's a perfect complement to maple-glazed grilled fruit. May be halved.

Lemon Custard

- 1 tsp. unflavored gelatin
- 1 Tbsp. water
- 7 Tbsp. fresh lemon juice, divided
- 2 eggs
- ½ cup sugar
- ½ cup milk
- 1 tsp. grated lemon zest

Maple-Glazed Grilled Fruit

- 2 bananas, peeled and cut into 1-inch pieces
- 2 cups cubed fresh pineapple
- 2 peaches, cut into 1-inch pieces
- 2 plums, cut into 1-inch pieces
- ⅓ cup maple syrup
- raspberries and mint sprigs (optional garnish)


(GRILLED MAPLE-GLAZED FRUIT SALAD WITH LEMON CUSTARD)

GRILL BASKETS AND RACKS

Keep those small pieces of fruit from falling through the grill grates with a grill rack or grilling basket. Always preheat the rack or basket to make sure that the cooking times are accurate and the fruit hits a hot surface. No grill rack? They're available at your local Hannaford.

1. Prepare the lemon custard. In a small bowl, mix the gelatin, water, and 3 Tbsp. of the lemon juice. Let sit for about 2 minutes.
2. In a medium saucepan, whisk the eggs and sugar to blend. Whisk in the milk, the remaining 4 Tbsp. lemon juice, and lemon zest and place over medium heat. Whisk until the mixture thickens slightly and just comes to a boil. (Don't worry if it boils. Reduce the heat and keep whisking.)
3. Remove from the heat and whisk the gelatin mixture into the custard, making sure it fully dissolves. Pour into 4 (½ cup) ramekins or custard cups. Place a piece of waxed paper on top of each ramekin and place in the refrigerator for 2 hours or until fully chilled. (Custard may be made up to a day in advance. Once chilled, store covered.)
4. Prepare the grilled fruit salad. Heat the grill to medium. Place a grill basket or grill rack on the grill and let it get hot, about 2 to 3 minutes. Place the fruit pieces on a large plate or platter, keeping the bananas separate, and lightly brush the top of each piece with maple syrup. Place the bananas on the hot grill, maple side up, and grill for 1 minute per side, brushing lightly with more syrup when you flip them. Next grill the pineapple, peaches, and plums for 2 to 3 minutes per side, or until very lightly golden brown and slightly softened, brush with more syrup when you flip. Transfer all the fruit to a bowl and chill.
5. To serve, place a spoonful of the fruit salad on top of each custard cup (serving the rest in a bowl on the side). You can also run a flat kitchen knife around the sides of custard cup and unmold onto individual dessert plates. Or place some fruit in a drinking glass or parfait dish. Top with custard, more fruit, and additional custard. Garnish with raspberries and mint sprigs, if desired. Serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 350 CALORIES, 79G CARBOHYDRATES, 7G PROTEIN, 3.5G FAT (1G SATURATED), 95MG CHOLESTEROL, 55MG SODIUM, 4G FIBER ■

good and healthy

Fruit-based desserts do your body good – the USDA recommends that anyone over 9 years old eat at least 1½ to 2 cups of fruit daily. A 1 cup serving of fruit equals one peach, a large banana, or eight strawberries. If you include fruit in your desserts you'll add goodies like fiber, potassium, and vitamin C to your meal.

Kathy Gunst is the author of 12 cookbooks including Stonewall Kitchen Grilling, Fired Up Recipes for Cooking Outdoors All Year Long. *You can read her blog, Notes from a Maine Kitchen, at downeast.com.*

Quick Vegetarian Dinners

There are many good reasons to enjoy a variety of meatless meals

BY LISE STERN PHOTOGRAPHS BY MARK FERRI

Including meatless meals in your dinner lineup has several benefits — for your family's health, your budget, and the planet. Going veggie can decrease the risk of heart disease, type 2 diabetes, high cholesterol and high blood pressure. Vegetarian staples like beans and grains cost less than, say, steak or salmon. And eating vegetarian is typically easier on the environment.

Whether you cook vegetarian at every meal or just occasionally, speed can be a challenge. Dried beans and whole grains take a while to cook, but fortunately there are options that trim cooking time and turn out terrific entrées with minimal effort. Canned beans are a boon to vegetarians in a hurry and are loaded with fiber, protein, and various vitamins and minerals. Dried lentils don't require presoaking, and red lentils, which star in our Polenta with Red Lentil Sauce, cook in just 5 to 10 minutes when added to boiling water.

Bulgur offers whole grain goodness, but because it's parboiled it cooks in minutes. There are several varieties of microwavable rice, including brown rice that are ready in less than three minutes and deliver all the good for you nutrients. Quinoa, while technically not a grain, behaves like one, and cooks in just 15 minutes. It's the easy base for Lemon Rosemary Quinoa Pilaf. Dairy products add both protein and calcium to a meal, as in our Mac and Cheese with Beans and Greens and the Spinach-Herb Portobello Mushrooms.

tip

Organize your ingredients before you begin cooking, and you'll have fast and healthy vegetarian dinners in minutes.

MAC AND CHEESE WITH BEANS AND GREENS

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 25 MINUTES

Traditional mac and cheese is made with a butter based cream sauce, which adds both time and calories. Adding cheese directly to the pasta makes for a lighter sauce with a less "cheesy" texture that nicely complements the silky chard. If you use red stemmed chard, it will give the mac and cheese a light pink color, which adds a certain kid appeal.

- 2 cups whole wheat elbow macaroni
- 1 Tbsp. olive oil
- 1 onion
- 1 bunch chard (about ¾ lb.)
- 1 (15 to 16 oz.) can red kidney beans
- 4 oz. reduced fat Cheddar cheese, such as Cabot 50% Reduced Fat Sharp
- 1 Tbsp. rice vinegar
- ¼ tsp. freshly ground black pepper, or to taste

(MAC AND CHEESE WITH BEANS AND GREENS)

1. In a large pot, bring 2 quarts of very hot tap water to a boil over high heat. When water boils, sprinkle in 2 tsp. salt and add macaroni. Cook until just al dente, about 6 to 8 minutes. Drain and return pasta to pot.

2. While pasta cooks, heat oil in a large nonstick skillet over medium high heat. Finely chop onion and add to pan. Sauté, stirring occasionally while you prepare the chard.

3. Rinse chard well, trim ends, and shake excess water off the leaves. Cut leaves off stems and set aside. Finely dice stems and stir into onions. Cut the leaves in half lengthwise, then thinly slice widthwise. Add leaves to onions and stir to mix. Pan will appear full, but the chard will cook down. Saute 2 minutes.

4. Rinse and drain kidney beans, then add to chard. Reduce heat to medium and cover pan to steam chard until tender, about 5 minutes.

5. Finely grate cheese. Add about ¼ cup at a time to the drained macaroni, stirring after each addition. The cheese should melt into the pasta. Stir in vinegar and pepper. Mix well, making sure there are no clumps of unmelted cheese.

6. Uncover the chard and stir. It should be cooked through and tender. Add chard mixture to the pasta, stirring well to distribute. Divide among 4 bowls and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 660 CALORIES, 106G CARBOHYDRATES, 30G PROTEIN, 12G FAT (3.5G SATURATED), 15MG CHOLESTEROL, 433MG SODIUM, 18G FIBER

FOOD STYLING: A.J. BATTISTARABIL; PROP STYL: NO FRANCINE NATALI; RECIPE

(SPINACH-HERB PORTOBELLO MUSHROOMS)

SPINACH-HERB PORTOBELLO MUSHROOMS

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 26 MINUTES

The secret ingredient here is cottage cheese — it's low in fat, but packed with protein. Once puréed, it's smooth and creamy. Serve this entrée with rice or bulgur.

- 1 (10 oz.) pkg. frozen spinach
- 4 large portobello mushrooms
- 4 tsp. Taste of Inspirations® Roasted Garlic Marinade
- 1 cup low fat cottage cheese
- 2 oz. goat cheese
- ¼ tsp. dried oregano
- ¼ tsp. dried basil
- ¼ tsp. dried thyme
- ¼ cup Hannaford Nutty Nuggets (or other Grape Nuts-style cereal)
- 2 tsp. grated Parmesan

1. Preheat oven to 450°F.

2. Place frozen spinach in a microwave-safe bowl and microwave on high for 5 minutes.

3. Spray a 9-by-13-inch baking pan with vegetable cooking spray.

4. Rinse the mushrooms and trim the stems so the mushrooms are flat on the bottom. Spoon ½ tsp. of the marinade over the gill side (underside) of each mushroom. Place mushrooms, gill side down, on prepared pan. Spoon ½ tsp. of the marinade over each mushroom top and spread it over the surface. Bake mushrooms for 6 minutes.

5. While mushrooms bake, remove spinach from microwave and stir, breaking up any remaining frozen bits. If any big chunks are still frozen, microwave for 1 more minute. Stir. Then drain in a sieve, pressing with a spoon to extract as much liquid as possible. Set aside.

6. Place cottage cheese in the bowl of a food processor and purée until smooth, about 1 minute. Add goat cheese and purée until smooth. Add spinach, oregano, basil, and thyme and process to mix well. Add the cereal and pulse just to mix, don't purée.

7. Remove mushrooms from oven, keeping oven on. Flip each so the gill side is facing up. Divide the filling among the four mushrooms, smoothing the surface. Top each with ¼ tsp. of the Parmesan. Bake for an additional 6 minutes, or until the cheese is slightly melted and beginning to brown. Serve immediately with rice or bulgur if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
210 CALORIES, 23G CARBOHYDRATES, 14G PROTEIN, 8G FAT (3.5G SATURATED), 15MG CHOLESTEROL, 540MG SODIUM, 3G FIBER

good and healthy

Low fat cottage cheese is a protein powerhouse, with a ½ cup serving providing 15 to 16 grams of protein and almost 10 percent of your daily value of calcium, plus it's low in carbs. If you like a smoother texture, try puréeing cottage cheese in a food processor — it will become as smooth as sour cream, but with a fraction of the calories and a lot more nutritional benefits.

wine suggestions

New Zealand's **Nobilo Sauvignon Blanc** will bring exciting tropical fruit flavors and a long finish to the Spinach Herb Portobello Mushrooms. **Red Rock Merlot** has a fruity flavor up front and a spicy end to keep each bite of the polenta interesting. Echo the citrus in the quinoa pilaf by pairing it with tangy yet creamy **Clos du Bois Chardonnay**. **MacMurray Ranch Central Coast Pinot Noir** will bring scents of smoke and sweet black cherries to complement the Swiss chard in the mac and cheese.

LEMON-ROSEMARY QUINOA PILAF

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 25 MINUTES

Quinoa, which originated in the Andes Mountains of South America, is higher in protein than most grains and goes well with citrus flavors like lemon. This colorful dish is good both hot and cold. If serving cold, try stirring in half an avocado, diced.

- 2 cups water
- 1 cup quinoa
- 2 tsp. olive oil
- 1 bunch scallions
- 1 red bell pepper
- ½ lb. asparagus
- ½ tsp. minced garlic
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ tsp. dried rosemary
- 1 (15 to 16 oz.) can chickpeas (also called garbanzo beans)
- 1 lemon
- ¼ cup sliced almonds, divided

1. Place water and quinoa in a medium saucepan. Bring to a boil over high heat, then lower heat to maintain a simmer. Cover and cook until all the water is absorbed, about 10 to 12 minutes.
2. While quinoa cooks, prepare the vegetables. Heat oil in a large nonstick skillet over medium-high heat. Thinly slice scallions, reserving 2 Tbsp. of the greens and add the rest (including white slices) to the pan, stirring slightly. Dice the bell pepper in ½-inch pieces, add to the pan and stir to mix. Break off woody asparagus ends and discard, chop stalks into 1-inch lengths. Add to the bell pepper, stirring to mix. Add garlic, salt, pepper, and rosemary and stir to mix.
3. Rinse and drain chickpeas, then stir into the pepper mixture. Lower heat to medium and continue to sauté.
4. Check the quinoa. When most of the water is absorbed, stir to fluff it slightly. Remove from heat and grate the zest from the lemon into the quinoa. Stir to mix, then add quinoa to the pan of vegetables. Squeeze the juice from the lemon; there should be about 3 Tbsp. of juice. Add to the pan, stirring to distribute. Stir in 3 Tbsp. of the almonds.
5. To serve, transfer to a serving bowl. Garnish with reserved scallion greens and remaining 1 Tbsp. almonds. Serve hot, room temperature, or cold.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
330 CALORIES, 51G CARBOHYDRATES, 14G PROTEIN, 9G FAT (1G SATURATED), 0MG CHOLESTEROL, 400MG SODIUM, 10G FIBER


(LEMON-ROSEMARY QUINOA PILAF)

POLENTA WITH RED LENTIL SAUCE

SERVES 4
ACTIVE TIME 25 MINUTES
TOTAL TIME 25 MINUTES

Red lentils when added to a boiling liquid cook in minutes They re high in protein and balance nicely with the toasted corn flavor in the polenta The lentils and polenta may be frozen separately Recipe may be halved

- 2 cups low sodium vegetable broth
- 2/3 cup red lentils
- 2 tsp olive oil
- 1 (7 oz) container pico de gallo (found in Produce), or 3/4 cup chopped onions and 3/4 cup canned diced tomatoes
- 2 tsp balsamic vinegar
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp fennel seeds (optional)
- 1 (18 oz.) tube prepared polenta (found in the International aisle)
- 1 (5 oz.) pkg Nature s Place™ Baby Arugula
- 1/4 cup carrot matchsticks (found in Produce)

1. In a large saucepan bring the broth to a boil over high heat Meanwhile rinse the lentils under cold water in a colander until the water runs clear When broth is bubbling, add rinsed lentils and stir well Cook over medium high heat covered for 5 to 10 minutes stirring occasionally until most of the broth is absorbed If it starts to stick at the bottom lower heat to medium low Cover and turn off heat

2. While lentils cook heat olive oil in a large nonstick skillet. Add pico de gallo or onions and tomatoes and sauté for 5 to 7 minutes until onions soften and begin to brown When lentils are done cooking add the onion mixture to the lentils Add vinegar black pepper and fennel seeds if using. Stir well then cover

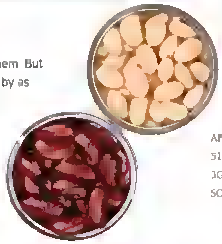
3. Slice polenta into 8 pieces Wipe skillet clean with a paper towel Spray skillet with olive oil cooking spray and heat over high heat Add polenta to heated pan and sauté until bottoms are brown about 4 minutes Spray the top of each slice with additional olive oil cooking spray flip and sauté the second side until it begins to brown

4. To serve divide arugula among 4 plates Top each with 2 slices of polenta then ladle lentil sauce over the polenta Top each serving with 1 Tbsp carrot matchsticks and serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING
510 CALORIES 104G CARBOHYDRATES 18G PROTEIN 3G FAT (0G SATURATED) 0MG CHOLESTEROL, 320MG SODIUM 14G FIBER

BEANS: A LITTLE RINSING GOES A LONG WAY

Canned beans are often high in sodium which helps to preserve them But draining and rinsing canned beans can reduce the sodium content by as much as 41 percent Rinsing can also reduce the enzymes that can cause the gassiness sometimes associated with beans Just drain the beans in a colander for 2 minutes, then rinse them under running water for at least 10 seconds. They ll be foamy at first but the bubbles will subside Let them drain for an additional 2 minutes and they re good to go in your recipe



Great Catch!

Fire up the grill to create tasty, healthful summer seafood meals

BY MATTHEW KADEY, MS, RD · PHOTOGRAPHS BY KELLER + KELLER

There's a boatload of reasons why seafood is a healthy meal choice. Most fish are great sources of protein, low in saturated fat, and high in essential minerals and vitamins including vitamin D. Take inexpensive and ever versatile tilapia: a 6-ounce serving has a whopping 36 grams of protein but only 162 calories and almost zero saturated fat.

What's more: omega-3 fatty acids, particularly abundant in fattier species like salmon, trout, and swordfish, have been found to help safeguard against a myriad of conditions, including heart disease, dementia, vision loss, and maybe even weight gain. It's no surprise that the American Heart Association recommends eating fish at least twice a week.

With the beautiful days of summer beckoning, it's good to know that fish is a natural for the grill. With a few precautions (see the box on page 41), grilling fish can be just as simple as chicken or steak, with a wider range of flavors. Packed with nutrient-rich ingredients and low in sodium, saturated fat, and added sugars, each of these recipes earns Guiding Stars®.

GRILLED FISH AND CHIPS ★

SERVES 4

ACTIVE TIME: 35 MINUTES

TOTAL TIME: 40 MINUTES

Much lower in fat than most take-out fish and chips, this recipe gives your stove a break for the night. If you like more crunch, use cornflakes or panko crumbs. Catfish and Yukon Gold potatoes work well here too. Recipe may be halved and may be frozen.

Chips

- 1½ lbs. sweet potatoes, scrubbed
- 1 Tbsp. olive or canola oil
- ¼ tsp. kosher salt, or to taste
- 2 tsp. chopped fresh rosemary, or ½ tsp. dried

Fish

- 4 (6 oz.) tilapia fillets
- ½ tsp. freshly ground black pepper
- 1 cup (4 oz.) 100% Whole Wheat Bread Crumbs
- 1 Tbsp. finely chopped parsley
- 1 tsp. grated lemon zest
- ¼ tsp. cayenne pepper
- 3 egg whites
- ¼ cup dark beer, such as stout or porter
- 4 lemon wedges, for garnish

1. Preheat grill to medium-high. Slice each potato in half lengthwise, then slice each half into wedges about ½-inch thick. Place in a medium bowl and combine with oil, salt, and rosemary. Set aside.
2. Rinse tilapia under cold water and pat dry with a paper towel. Season with pepper. Combine bread crumbs, parsley, lemon zest, and cayenne in large bowl. Whisk egg whites and beer in a separate medium bowl. Add fish to the egg mixture and turn to coat, then turn fish in bread crumb mixture to coat both sides. Set aside.
3. Place sweet potato wedges on a grill rack or basket and grill for approximately 5 minutes per side or until marked. Transfer to the top rack of the grill to keep them heated while the fish cooks.
4. Place tilapia either directly on the grill or on a sheet of heavy-duty foil on the grill and cook for 4 to 5 minutes per side, or until opaque throughout. Serve immediately with chips and a wedge of lemon.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 590 CALORIES, 75G CARBOHYDRATES, 47G PROTEIN, 9G FAT (1.5G SATURATED), 85MG CHOLESTEROL, 810MG SODIUM, 11G FIBER


(GRILLED FISH AND CHIPS)

FOOD STYLING: MARY JANE SAWYER, PROP STYLING: LAUREN NILES

HALIBUT WITH POMEGRANATE GLAZE

HALIBUT WITH POMEGRANATE GLAZE ★★★

SERVES 4
ACTIVE TIME 25 MINUTES
TOTAL TIME 45 MINUTES

Firm flesh makes halibut a perfect choice for the grill. Pomegranate glaze is a sweet backdrop to this mild fish, or you could add lime zest to the glaze and swap mahi mahi for halibut. Accompany the dish with grilled zucchini and brown rice. Recipe may be halved and may be frozen.

Note *To reduce contamination risk, use a clean brush to apply the glaze after cooking.*

- 2 cups 100% pomegranate juice
- 1 cup balsamic vinegar
- 1 tsp. grated orange zest
- 4 scallions, diced
- 2 (12 oz.) halibut fillets
- 1 Tbsp. olive or canola oil
- ¼ tsp. kosher salt, or to taste
- ½ tsp. freshly ground black pepper

1 Bring pomegranate juice and balsamic vinegar to a boil in a small saucepan over high heat. Reduce heat to medium-high and let the mixture simmer, uncovered, until it has reduced by about ⅔ and thickened into a syrupy consistency, about 15 to 20 minutes. There should be ⅔ to 1 cup glaze. Mix in orange zest and scallions. Pour ¾ of the glaze in a separate bowl and set aside.

2 Preheat grill to medium-high. Rinse halibut fillets with cold water and pat dry with a paper towel. Rub oil on both sides of fillets and season with salt and pepper. Grill one side (skin side up if it's attached) for 4 to 5 minutes. Flip fish, brush on half the glaze from the pan and continue to cook for another 4 to 5 minutes, or until opaque in the center. Transfer to a serving plate and brush with additional glaze. Serve immediately with remaining glaze in a small pitcher on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
350 CALORIES, 31G CARBOHYDRATES, 37G PROTEIN, 7G FAT (1G SATURATED), 55MG CHOLESTEROL, 250MG SODIUM, 1G FIBER

GUIDING STARS®

Nutritious Shopping Made Simple®

Hannaford's unique Guiding Stars program lets you quickly see how a product on our shelves (or in one of our recipes) stacks up. Foods that merit stars offer the most nutritional value for the calories: one star is good, two is better, three is best. So just follow the stars for easier shopping and healthier cooking.

GUIDING STARS KEY
★ = good nutritional value
★★ = better nutritional value
★★★ = best nutritional value

SEAFOOD GRILLING TIPS

It's never fun to watch your fish fall apart and drop through the cooking grate. Here's how to protect your catch of the day.

- **Clean the grate.** Food sticks to the dirty parts, not the hot metal.
- **Oil the grill rack.** Oil a folded paper towel, bunch it up tightly and grasp it with tongs and carefully rub it over the hot grill.
- **Use a basket.** Especially for delicate white fish like flounder, a seafood grilling basket holds the fish together and makes for easy flipping. You can also grill fish on a lightly oiled sheet of heavy-duty aluminum foil, cook in a foil packet, or use a cast-iron griddle.
- **Keep it together.** Support fish well by using a spatula large enough to pick up the whole piece.

Visit to see our recipe for colorful **Flounder-Vegetable Packets** at **hannaford.com**.

STEELHEAD TROUT WITH ASPARAGUS CASHEW CREAM ★

SERVES 4
ACTIVE TIME 25 MINUTES
TOTAL TIME 35 MINUTES

Resembling salmon with its pink hue steelhead trout is brimming with omega 3s Best grilled with the skin on to keep the fish from breaking apart this technique gives the skin a crispy texture Grilled asparagus lends a smoky flavor to the nut cream Recipe may be halved and may be frozen.

Note, *It's easier to blend the cashews if they have soaked in a bowl in cold water for several hours beforehand*

- ½ cup unsalted roasted cashews
- 1 (1 lb.) bunch asparagus
- ¼ tsp. kosher salt
- 4 tsp. pure olive oil divided
- 4 (6 oz) steelhead trout fillets skin on

OH-MEGA!

There's no official recommendation for daily omega-3 intake, but many health experts say we should aim for about 3 500 milligrams per week for good health. These [illegible] fish can help get you there

Fish, 6 oz. serving (raw)	Omega-3 (mg)
[illegible]	[illegible]
Salm[illegible] wild	[illegible]
Tuna (bluefin)	[illegible]
Trout	[illegible]
Swordfish	[illegible]
Sea bass	[illegible]
Shrimp	[illegible]
Halibut	[illegible]
Flounder	430
Tuna (yellowfin)	[illegible]
Tilapia	370
Haddock	350
Cod	332

(STEELHEAD TROUT WITH ASPARAGUS CASHEW CREAM)

- ½ tsp freshly ground black pepper
- ¾ cup water
- ½ cup sliced mushrooms
- 2 tsp fresh thyme or ½ tsp. dried
- 2 cloves garlic chopped
- 2½ tsp fresh lemon juice
- ⅛ tsp cayenne pepper
- fresh thyme leaves for garnish (optional)

1 If time allows several hours before cooking place cashews in a bowl and cover with cold tap water Otherwise cover with water as you begin to prepare the fish
2 Preheat the grill to medium-high Break woody ends off asparagus stalks In a medium bowl mix stalks with salt and 1 tsp of the oil Set aside.
3 Rinse fillets under cold water and pat dry with a paper towel Season flesh with pepper and rub remaining 1 Tbsp oil on the skin side of each fillet
4 Place asparagus on the grill and cook for 5 to 7 minutes or until spears are tender Roll the spears once for even cooking. Transfer asparagus to a plate and place trout on the grill skin side down Cook for about 8 to 10 minutes or until the flesh becomes opaque Do not flip trout during cooking.
5 Meanwhile drain cashews and place in a blender or food processor with the water Blend until very smooth, about 1 minute. Set aside half the asparagus Chop the remaining half and add to the cashew mixture along with mushrooms thyme garlic lemon juice and cayenne Blend until smooth Add extra water if cream is too thick.
6 To serve divide trout among 4 plates Place a few spears of the asparagus on each plate Top trout with 1 Tbsp of the sauce and serve remaining sauce on the side If desired top with fresh thyme leaves and serve with a crusty Nature's Place™ baguette.

APPROXIMATE NUTRITIONAL VALUES PER SERVING 420 CALORIES 11G CARBOHYDRATES 41G PROTEIN 24G FAT (4G SATURATED) 100MG CHOLESTEROL, 220MG SODIUM 3G FIBER ■

Matthew Kadey is a dietitian and food writer who's never met a fishmonger he didn't like

ONLY AT HANNAFORD

Salad Days

Versatile potatoes deliver flavor and personality in summer's favorite side

TEXT BY DAVID PLUNKETT RECIPES BY JANE DORNBUSCH PHOTOGRAPHY BY LEA ANN ROBBINS

One of the real treats of summertime eating is potato salad This side dish is a classic at cookouts picnics and potlucks It's flexible too — we've got recipes that are good warm chilled or at room temperature

The basics are pretty simple cooked potatoes plus dressing Potato salads are best made with waxier rather than starchier potatoes so choose a variety that's well suited for boiling like red skinned Yukon Gold or blue (purple) In general a good salad potato will have a smooth thin skin Those with a rougher dry skin such as Russets and other popular baking potatoes tend to break down when boiled

Mayonnaise is the classic dressing for a potato salad but we mix it up a bit with recipes featuring Taste of Inspirations® and Nature's Place™ ingredients influenced by various regional and international cuisines A mayo dressing gets a twist when used in our Southwestern Sweet Potato Salad which also gets texture from chopped peppers Vinaigrettes made with our dipping oils and organic herbs as in the French Potato Salad offer a lighter take Lighter still is the yogurt base for the Indian Potato Salad

Use these recipes to jump-start your own ideas Many of our Inspirations rubs could nicely season plain mayo and our mustards go well in vinaigrettes Or just open up one of our refrigerated salad dressings and pour over just-boiled potatoes for a snap of flavor Nature's Place fresh herbs like dill chives and basil can lend some zing Potatoes marry well with salty foods like chopped olives Inspirations tapenades or crumbled bacon You can add new textures by including other vegetables like celery onions scallions or even pickles Experiment a little Once you see how easy it is you can add your own flair to this traditional summertime favorite

(SOUTHWESTERN SWEET POTATO SALAD)

FOOD AND PROP STYLING CATHY KELTY

SOUTHWESTERN SWEET POTATO SALAD

SERVES 6

ACTIVE TIME 15 MINUTES

TOTAL TIME 35 MINUTES, INCLUDING COOLING TIME

Cabo Chipotle Rub gives sweet potatoes a smoky kick These orange fleshed tubers offer visual appeal and an extra helping of vitamins and minerals Recipe may be halved

- 2 lb. sweet potatoes
- ½ cup light mayonnaise
- 1 tsp. Inspirations Cabo Chipotle Rub
- juice of 1 lime
- ½ red bell pepper diced
- ½ cup chopped Nature's Place Organic Cilantro or Italian Parsley
- 2 scallions thinly sliced

1. Peel the sweet potatoes and dice into ½-inch pieces Place in a medium saucepan cover with cold water and bring to a boil over medium high heat Reduce heat to medium and cook until just tender about 9 minutes Drain and set aside to cool to room temperature about 30 minutes

2. In a bowl stir together the mayonnaise chipotle rub and lime juice When the potatoes have cooled to room temperature toss gently with the dressing, bell pepper cilantro (or parsley) and scallions Refrigerate until ready to serve Serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING 200 CALORIES 34G CARBOHYDRATES 3G PROTEIN 7G FAT (1G SATURATED) 5MG CHOLESTEROL 310MG SODIUM 5G FIBER

good and healthy

Potatoes park a lot of nutrition. And the nutrients aren't only in the skin – the whole potato is packed with goodness. They get a bad rep sometimes because they're so often fried and salted (think chips and fries). But a single medium-size potato (5.3 oz.) delivers more than 40 percent of the recommended daily allowance of vitamin C and significant amounts of vitamin B6 and potassium. Potatoes are also a significant source of folate, iron, magnesium, and other vitamins and minerals, along with carotenoids, flavonoids, and other healthful phytonutrients. Studies have even found that the nutrients in potatoes have the potential to protect against cardiovascular disease and certain cancers.

FRENCH POTATO SALAD

SERVES 4
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 45 MINUTES, INCLUDING COOLING TIME

Shallots, Dijon mustard, and tarragon lend a distinctly French accent to this simple yet sophisticated potato salad, dressed with a garlicky vinaigrette. Recipe may be halved.

- 1½ lbs. small red boiling potatoes
- 3 Tbsp. Inspirations Garlic Dipping Oil
- 2 shallots, finely chopped
- 2 cloves garlic, minced
- 3 Tbsp. white wine vinegar
- 1 Tbsp. Dijon mustard
- 1 Tbsp. chopped Nature's Place Organic Tarragon
- 1 Tbsp. chopped Nature's Place Organic Chives
- ¼ tsp. Inspirations Fleur de Sel sea salt
- 2 cups Nature's Place Organic Herb Salad

1. Wash potatoes and place in a medium saucepan. Cover with cold water and bring to a boil over medium-high heat. Lower heat to medium and cook until just tender, 12 to 15 minutes, depending on size. Drain and set aside to cool slightly.

2. While potatoes are cooking, heat the garlic oil in a small skillet over medium-low heat. Add the shallots and garlic and cook, stirring, just until the vegetables are softened and fragrant, about 2 or 3 minutes (do not brown).

3. Scrape the oil, shallots, and garlic into a medium bowl. Whisk in the vinegar and mustard. Set aside.

4. When potatoes are cool enough to handle but still quite warm (after about 15 minutes), cut them in half and add to the bowl with the dressing. Toss very gently to coat. Add the tarragon, chives and salt, and toss again gently to combine.

5. Arrange the herb salad on 4 plates. Mound the potato salad on the greens, and serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
250 CALORIES, 35G CARBOHYDRATES, 4G PROTEIN, 11G FAT (1.5G SATURATED), 0MG CHOLESTEROL, 120MG SODIUM, 3G FIBER

(FRENCH POTATO SALAD)

PDQ POTATO SALAD

With all that goes on during a busy day, sometimes there isn't time to make everything you need. In our Deli we have a selection of ready-to-eat potato salads as a quick and easy (and delicious) option. Try one of these choices:

- **Homestyle** (with mayo and onions)
- **Egg & Potato** (a marriage of two classics)
- **Red Royal Bliss** (red potatoes with mayo, dill, garlic)
- **Baked Potato Salad** (red potatoes, with sour cream, cheddar, bacon)

INDIAN POTATO SALAD

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 40 MINUTES, INCLUDING COOLING TIME

Here's a boldly seasoned potato salad that takes the flavors of India as its inspiration. Try it alongside tandoori-style grilled chicken marinated in yogurt and spices. You can adjust the heat level here by using more or less of the fresh jalapeño. Recipe may be halved.

- 2 lb. Yukon Gold or other yellow-fleshed boiling potatoes
- 3 Tbsp. Inspirations Black Pepper Dipping Oil
- 1 small jalapeño pepper, deveined, seeded and minced
- 1 Tbsp. yellow mustard seeds
- 1 Tbsp. whole cumin seeds
- ½ tsp. ground turmeric
- ¾ cup Nature's Place All Natural Roasted Unsalted Cashews, coarsely chopped
- 2 Tbsp. finely chopped Nature's Place Organic Mint
- 2 Tbsp. finely chopped Nature's Place Organic Cilantro
- ½ cup plain nonfat yogurt
- ¼ tsp. Inspirations Fleur de Sel sea salt
- mint or cilantro sprigs for garnish (optional)

1. Wash and peel potatoes and cut them into ½-inch pieces. Place in a medium saucepan, cover with cold water, and bring to a boil over medium-high heat. Lower heat to medium and cook until potatoes are just tender, about 6 minutes. Drain and set aside to cool to room temperature, about 30 minutes.

2. While potatoes are cooking, heat oil in a medium skillet over medium-low heat. Add jalapeño and cook until slightly softened, 1 to 2 minutes. Add mustard and cumin seeds and cook, stirring, 1 to 2 more minutes, until the mustard seeds start to pop. Add turmeric and cashews and continue cooking, stirring frequently, another 2 to 3 minutes. Set mixture aside.

3. When potatoes have cooled, place them in a large serving bowl. Add the cashew-spice mixture, mint, cilantro, yogurt, and salt. Stir gently to combine. Serve at room temperature or chilled, garnished with mint or cilantro sprigs if desired.

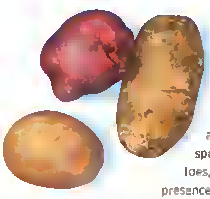
APPROXIMATE NUTRITIONAL VALUES PER SERVING: 300 CALORIES, 35G CARBOHYDRATES, 8G PROTEIN, 16G FAT (1.5G SATURATED), 0MG CHOLESTEROL, 35MG SODIUM, 4G FIBER.


INDIAN POTATO

POTATO PARTICULARS

Potatoes belong to a group of roof vegetables classified as tubers because the edible portion often resembles a tube. The familiar potato is part of the plant's root. Other tubers are sweet potatoes, yams, and cassava, also known as yuca. Scientists believe the potato is originally native to Peru, and that almost all varieties grown today are traceable to a subspecies from Chile. Nowadays, of course, these tubers are cultivated and enjoyed all over the world. Here in the United States, Maine is a top producer of high-quality potatoes.

POTATO KNOW-HOW



You'll find an intriguing variety of potatoes in our Produce section in a range of shapes, colors, and sizes, like oversize baking, tiny delicate fingerling, brilliant blue, and bright orange sweets, plus Yukon Gold, baby gold, red creamer, yellow, and organic red. If you take home a bagful, be sure to store your potatoes properly. Keep them in a dark, dry place, like a closet or basement. A temperature between 45° and 50°F is ideal – even at room temperature, potatoes will sprout and have a shorter shelf life. Before preparing potatoes, make sure there's no green coloration – that indicates the presence of a toxin called solanine. The National Institutes of Health recommends discarding potatoes that show green. When you see "eyes" on a potato, it's begun to sprout. Cut off small eyes completely before preparing. If the eyes are big or the potato is beginning to soften, discard it.

IN THE BAG

At Hannaford you can pick up everything you need for a quick and tasty meal that's good for you

SUMMER KABOB-ING

TROPICAL

Pick up skewers of **Caribbean Mango Chicken Kabobs** from the Butcher

In Produce, grab some yellow summer squash and zucchini, plus a tube of **Gourmet Garden Oregano**. Get a bottle of **Inspirations Garlic Dipping Oil**. Mix the herbs with oil, brush on slices of squash, and grill 3 to 4 minutes per side

Pick up **rice pilaf** from the Deli, or a package of microwaveable whole-grain rice.

Head to the Frozen aisle for dessert! Try an **Inspirations Exotic Mango Cake**

STEAK AND POTATOES

In the mood for beef? Try **Steakhouse Beef Kabobs** from the Butcher

In the Deli, pick up a package of ready-to-heat **Glazed Carrots** and another of **Oven Roasted Potatoes**. Drizzle the potatoes with **Inspirations Cracked Black Pepper Dipping Oil**

For dessert, choose an **Inspirations Forest Berry Cheesecake** from the Frozen aisle: delectable cheesecake topped with a mix of strawberries, blackberries, blueberries, and raspberries

ITALIAN SUPPER

Give yourself a break from the grill and enjoy a pan dinner like **Lasagna**. You'll find it in the Deli, ready to heat when you get home.

Complement it with a stop at Produce for a bag of **green beans and carrots**. Toss with a tube of **Gourmet Garden Italian Seasoning**, which includes puréed basil, marjoram, rosemary, and thyme. Serve with crusty **Nature's Pieces™ All Natural Simple Focaccia** from the Bakery

For dessert, pick up **Inspirations Gelato** in the Frozen aisle

Visit us online at **hannaford.com** for more great tips and ideas for on-the-go meals. Also, gather nutritional information about your grocery list ahead of time

PHOTOGRAPHER: HEATH ROBBINS, FOOD AND PROP STYLING: CATHI NEILY

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